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*Magazine of New Thought*

*Edited by Elizabeth Towne  
and William E. Towne*



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# NAUTILUS NEWS

BY THE EDITORS

## A NEW \$25 PRIZE CONTEST.

We ask you to answer two questions: 1. What features of *Nautilus*, exclusive of editorials, do you like best? 2. What new subjects would you like to have the writers for *Nautilus* discuss? What new contributors would you suggest? In short, *what do you want in Nautilus?* Answers should be addressed to Contest Department, *Nautilus Magazine*, Holyoke, Mass., and must be written on a separate sheet from any other letter. \$25 for the best reply. Contest closes April 1st. No letters considered if received after that date.

## TO NEW SUBSCRIBERS THIS MONTH!

Here is something for every new subscriber this month: A free copy of the little booklet, "*How to Keep Up Your Morale and Set Your Discontent to Work*". If you find your work lagging, and enthusiasm seems to have fled, read this booklet. It will help put you back on the track. Given free with a year's subscription to *Nautilus* until March 1st, 1926. The booklet must be asked for at the time the subscription is sent in, otherwise it will not be included.

## UNEQUALLED FEATURES OF MARCH NAUTILUS.

"How Realisation of the Divine Presence Brought Me Out of Invalidism Into Health", by M. G. R. Months of suffering and inability to sleep, and then a Master Affirmation of Paul Ellsworth's, which brought her back to life.

"Through Divine Healing My Eyes Were Perfectly Restored Five Years Ago", by W. Y. M. Gives the exact affirmation that enabled the writer to tune in with Divine Love and realize this perfect healing of the eyes.

"Your Invisible Partner The Subconscious Mind", by Emma Gary Wallace. Tells how the subconscious mind may find lost articles. About finding a piece of carpet that had been out of sight 15 years. How to make your subconscious mind a helping partner.

"All Good Is Yours Already", by Genevieve V. Aram. Helps you to realize that when you pray or affirm, that which you ask for is already yours in the potential.

"The Mental Art of Keeping Young and Attractive", by a woman, of course—Eleanor Robbins Wilson. Tells you how to get a kick out of living, even if you are 60 or more. How to reverse the growing-old process. Read it, and pass it on to someone who will appreciate it.

"Through A Beautiful, Truth-Inspired Dream I Found My Own Shop and A Way to Financial Independence", by B. E. A wonderful experience, showing how the writer's subconscious mind solved her most important life problem and prophesied a future event which came true.

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"The Healing of Old John", by A. C. Perhaps you think it foolish to treat animals for healing through New Thought methods. Well, read this article and you will change your mind. Truth applies to every condition.

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Oh, I feel so good when I read your magazine."  
—Mrs. L. O. M., Okla.

If you haven't been passing on your old copies of *Nautilus* to those who will read them, won't you begin to do so NOW? If you want copies of the New Thought "Declaration of Principles" to give with them, we will send you 12 copies for 25c. There are thousands who would appreciate and be helped by the magazine who have never laid eyes upon a copy. So many grateful letters come in with reports like the above and often the writer says, "A friend first gave me a copy of *Nautilus*." Did you read that letter from "W. Y. M." in November *Nautilus* News? Let's see if we can't reach many more with the New Thought message in 1926.

**A SURPRISE  
ANNOUNCEMENT  
NEXT MONTH.**

We expect to have the details of something that will interest you greatly, to be announced in this column next month. When you open your March *Nautilus*

turn to this column and we will tell you the details. After reading them, you won't want to miss a single number of the magazine during 1926. Remember—look in this column of your March *Nautilus*.

**A NEW LANDONE  
BOOK.**

If you have been a regular reader of *Nautilus* you will recall an unusual series by Mr. Landone entitled "Deep, Deep Down In Our Hearts",

published some time ago. Mr. Landone has made this series the basis of a new and remarkably interesting book called "DEEP, DEEP DOWN IN YOUR HEART".



Note the significant change in the title. The material has been completely rewritten, new and important material added to every page and many personal incidents and experiences included that have never before appeared in print. It deals with YOUR problems, the personal problems of every man and

woman. The one aim of the author in writing it is to **HELP YOU TO BE HAPPY**, whoever you may be, wherever you may be, whatever the circumstances of your life. On inside front cover is an announcement of this book.

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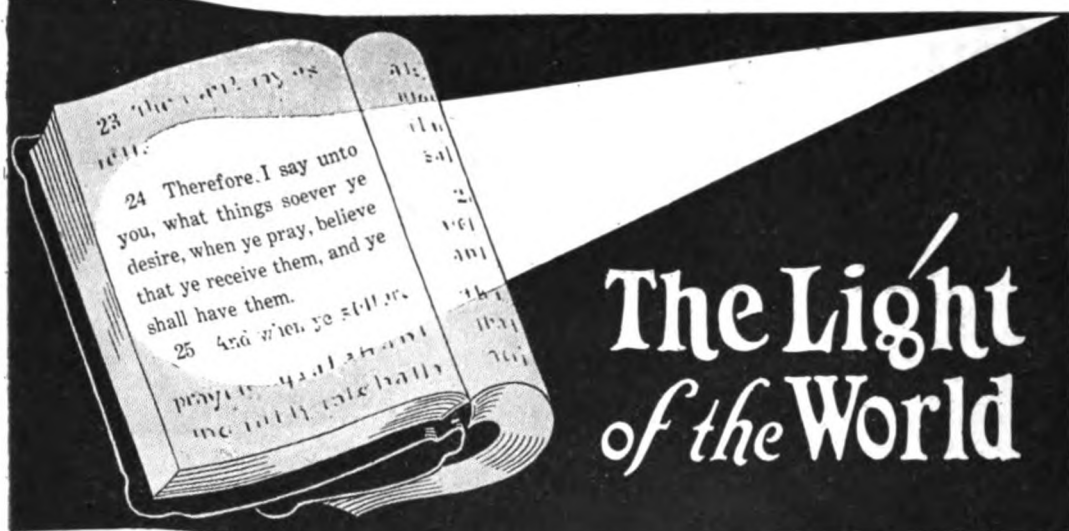
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MAGAZINE OF  
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Vol. XXVIII

FEBRUARY, 1926.

No. 4

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Published by THE ELIZABETH TOWNE CO., Inc., Holyoke, Mass.

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## THE NAUTILUS

ELIZABETH TOWNE  
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The Nautilus  
Contributors  
For 1926-1927  
Others  
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**S**USANNA COCROFT has been called the "woman of a million friends", and the "health through nature specialist", because she has devoted her whole career to helping thousands of women to build up their health and beauty through nature's methods.

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From all this study she has perfected a skin treatment that is entirely different from anything used before—that she now guarantees will completely remove blemishes, coarseness, scrawniness, sallowness and bring you a gloriously new, youthful skin in 15 days or no cost.

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# Wanted: Men--Women!

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are making \$5,000—\$10,000—\$15,000—a year.

I started in the real estate business with no experience and less than \$5 capital, and in less than five years I made over one hundred thousand dollars.

And I have started others in the business—men and women—from 19 to 65—taught them my successful system—gave them my counsel and advice—helped them make money my way.

And what I have done for others, I will do for you—provided you are in earnest in your desire to get

ahead. To learn just how I began—to learn the secret of my success—to learn how I started others—to learn how you can use my system to break away from the rut of routine work and establish yourself in a high-class business—sign and mail the Request Blank at the bottom of this page. You will then receive—without cost or obligation—my new, illustrated book, "How to Become a Real Estate Specialist," which contains my history and your opportunity. American Business Builders, Dept. 8-B, 18 East 18th St., New York.

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### Money in the Bank

"Have been helped a great deal by your System. I have now a new car, two new typewriters, a stenographer and a dandy office and money in the bank, all through my own efforts and without any capital to start with." —Mrs. F. M., Westport, Conn.

## No Other Business Offers You Such Rich Rewards

THERE is no other business in the world, that I ever heard of, that offers you all the advantages and opportunities that real estate does. Here are a few of them:

(1) Real estate is the biggest thing there is. More than half the wealth of the nation is invested in it.

(2) It is an easy business to learn. It does not take years of study like medicine, law, dentistry, pharmacy, architecture, engineering, etc.

(3) You can get started with little or no capital. I started with less

than five dollars. Others have started with small sums and made big money.

(4) The real estate business is as permanent as the earth itself. It is not affected by changes in style, by human whims or caprices.

(5) Real estate is a pleasant business. No hard, laborious work requiring unusual health or strength.

(6) It is a business open to young and old of both sexes.

(7) It pays bigger money than anything else I know of. Experienced men sometimes make \$1,000—\$5,000—in single deals—more than

the average man makes in a year of hard work.

(8) There is practically no limit to the business. It is said that there are at least ten million properties for sale or exchange at all times.

(9) It is a great small-town business. One user of my system said he made more than \$1,000 a month last year in a town of only 3,000 people.

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See you now it in NAUTILUS. See guarantee, page 5.



# Psychology! the best course For You.

**READ WHAT IT JUST DID**

For J. A. LESLIE  
of Nashua, N. H.

*Here is His Story in His Own Words*

**"S**URELY no one ever came to you in such a pitiful plight as I was. Past fifty—life savings swept away—life job gone—poor house in the dreadfully near distance. I looked so old and haggard that no one answered my 'appeals for a job'.

"That was three months ago and what do you suppose has happened in the meantime?

"I followed your lessons as religiously as if my life depended upon it, etc. . . . The very first month I made \$800 more than I have made in any one month of my life, and I have paid all my debts and have \$700 in the bank.

"Now this is all due to you and your wonderful course. It seems to me the difference between your course and others that I have studied is that you possess a marvelous faculty of putting the personal element into the lessons.

"With a heart full of gratitude for what you have done for me, I remain,"

(Original of this letter on file.)

## WE ARE NOT MAGICIANS—WE JUST EXPLAIN THE AMAZING SECRETS OF APPLIED PSYCHOLOGY

so simply, clearly and yet thoroughly that no man, woman or child can fail to understand them all. You may be poor, sick, discouraged and hopeless and consider yourself a total failure, or you may be an educated man or woman who just simply cannot seem to get ahead, or you may be fairly successful but want to know how to go higher—it makes no difference, the principles are the same.

*First* we explain what you really are—how your body, mind and spirit work together—so you understand yourself a little better.

*Next* we show you how to get full control of your thoughts, emotions, etc., and develop a reserve of nerve energy and personal magnetism.

*Then* we show you how to put yourself in such perfect physical condition that every day becomes one long, joyous accomplishment. You can become so full of pep, energy, vitality and drive that you begin dominating over your obstacles and sweeping your troubles aside.

*Then* come all the wonderful laws of Applied Psychology, which show you where you have made your mistakes in the past and how to forge ahead directly

toward your desires. You learn how to draw on those mysterious powers which every man uses in emergencies when he amazes himself and all who know him. Truly, you will be astounded at the unusual resources which you have never known were in you.

Don't you see how such a course would enable you to succeed? Health, Happiness and Success are not luck—they come with mathematical certainty when you know and obey the new laws of Applied Psychology. We know we can teach you these laws.

This wonderful new science means so much to the world that The Self Improvement League was formed to spread its laws far and wide in an easily understood course of home lessons prepared expressly for the League by the Harvard trained lawyer, business man and writer, Leland Wells Pollock. The cost is so low that most folks save it while staying at home to study the lessons. We guarantee satisfactory results or your money back.

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# Startling Secrets of Personal Magnetism *Now Yours FREE* for 5-Day Test!



**D**O you want to attract people instantly?

Do you want a *magnetic personality* that makes you well-liked everywhere?

Let me make you a magnet of human attraction! I can show you how to be popular in any society! I can show you how to win quick success in your business or profession! I can place in your hands the key to supreme power and happiness!

Give me five days and I'll prove it FREE. I'll show you, simply and clearly, how to use the amazing principle of *magnetic control*. It will give you a great new confidence in yourself. You will be astonished to see how every last bit of timidity and self-consciousness vanish. You will be a new person—magnetic, irresistible, making friends wherever you go!

## What is Personal Magnetism?

The man who dominates a business conference and makes everyone listen to him—*he has personal magnetism!*

The man you notice instantly in a crowd—the man who stands out in a social or business gathering—*he has personal magnetism!*

The woman who attracts the man she wants, and wins him—the woman whose personality is more appealing than beauty—*she has personal magnetism!*

The successful writer, orator, salesman, executive—everyone who is successful possesses, and knows how to use, that never-failing, irresistible force—



I have brought these costly teachings within the price range of every ambitious, intelligent person.

Shaftesbury's fundamental principles of Personal Magnetism have been put into a beautiful extra large-size volume under the title of "The Cultivation of Personal Magnetism". This book gives you the key to a magnetic personality in only five days—or it costs you nothing. That is my free proof offer to you.

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## I Release Your Magnetism

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thought and power resources within you, releases the full sweep of your magnetism—and makes you almost a new person. A principle that never fails to work, because it aids Nature to make you the dynamic, forceful, fascinating person you were intended to be.

## A Great Discovery

The secrets of personal magnetism I now offer you represent the work of a life-time—the result of patient years of study and research by that great student of the human mind—Edmund Shaftesbury. Until recently Shaftesbury's teachings have been available only to the extremely rich. But now,

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## CHILD

By Edgar Daniel Kramer

I WOULD have a child's eyes,  
Laughing eyes that see  
All the wonder of the world  
And its mystery,  
Fairies in the green grass,  
Fairies in the dew  
And a host of elfin folk  
In the sunbeams, too.

I would have a child's ears,  
Ears that ever know  
The secrets of the lilac-tree  
And the winds that blow  
From beyond the mountains  
Of the witching moon,  
Echoing the gladness  
Of a fairy tune.

I would have a child's heart,  
Heart of rosy bloom,  
Where there is no sorrowing  
And no thought of doom,  
Going in the glad ways  
Where the white stars gleam.  
Fragrant blossoms breathing  
In a land of dream.



# NAUTILUS MAGAZINE

## *Self-Help Through Self-Knowledge*

MONTHLY  
\$1.00 a Year

FEBRUARY, 1926

Vol. XXVIII  
No. 4

## EDITORIALS

### *by Elizabeth Towne*



*"Build thee more stately mansions, oh, my soul,  
As the swift seasons roll!  
Leave thy low vaulted past!  
Let each new temple nobler than the last,  
Shut thee from heaven with a dome more vast,  
'til thou at length art free,  
Leaving thine outgrown shell by life's unresting  
sea."*

—Holmes' "The Chambered Nautilus".

### *New Thought and the Medical Profession.*

**I** AM willing to believe that the One Spirit of God is working through the medical profession, finding devoted souls there just as everywhere else. I know that All of Us together in the world must work out the problems of improved diet and of new ways of living, in order to give freer expression to the One Spirit. I have never been opposed to medicine on proper occasion, and I have never believed that "material means" were necessarily wrong, so long as people still are more or less material minded. As long as we need food at all, we need to apply Divine Intelligence to the question of what habits of eating we shall form. For all of life is a matter of discovering NEW THOUGHTS of man as pure Spirit, and then applying those new thoughts until they become habit. Habit of mind, conscious and subconscious.

▽ ▽ ▽

### *How to Change Your Environment and Renew Your Health.*

**T**O REGAIN "lost" health, you must CHANGE YOUR MIND. That sounds like a very simple thing to do, but it is not quite so simple. At least it is not easy

to keep your mind changed all the time—to take it off appearances and put it on the TRUTH OF BEING, which is that God is your health, happiness and prosperity.

One way to change your mind when you need to improve your health is to take a vacation and go as far away from home as possible, into as new an environment as possible. That is why doctors tell people to go away for their health. A new environment makes them think a new way, and gives the old brain centers and nerves a rest from the daily routine of thinking. It is this routine thinking, this getting into a rut, that keeps our bodies and our minds from functioning in perfect wholeness and happiness, health and prosperity. So go away and take a vacation as long as you can, if you can possibly compass it. Two weeks to a month will make you feel like a new person.

Another thing that will help you to change your mind, is to upset your daily routine as much as it is possible to do it. Travel to your work every day by an entirely different route, and see how many new things you can find on the way to think about, and when you get to your home, see how many new things and funny things you can tell to your family! When you get to your office, change your desk around so you will look another way, rearrange your desk, find a better way to do everything that you have to do, see how much interest and love and ingenuity you can put into making an absolute change of everything you have anything to do with in the office!

Look at every one of your co-workers and say to yourself that he is DIVINE, a child



## EDITORIALS *by Elizabeth Towne*

of God, that God is working in him and through him to do of God's Good Pleasure, which is the good pleasure of that person, and of the world! Rejoice in the God that is expressing through that person! Think of yourself in the same way, and look for evidences of *loving kindness expressing through each and every person!* Of course loving kindness will not express all the time but every human being is *learning* to express loving kindness, which is his nature in God, in spirit, and in truth. We are all like little children *learning to play the piano*, and sometimes making more discords than harmonies! But we are all on the road to the same thing: the *realization* of our divinity, and our *expression* of that divinity before all the world. We are not to think about the discords and regret them; we are to remember that they are simply nothings to be forgotten as quickly as possible, while we go on our way rejoicing in all good.

Now remember that these changes in your way of living are to make conditions for your mind to set itself on the truth of your being. Here is a good formula for you to memorize to use when you can't help thinking about your physical condition; at such times sit up straight in your chair, or go before an open window and take several slow, full, even breaths and affirm to yourself with the exhaling breath, the word **HEALTH**; and afterwards repeat to yourself this formula. Turn to it now and then as the Spirit in you suggests:

I am the perfect child of God, whole, happy, prosperous. I thank Thee, oh God, that Thou art my life, my health, and my prosperity. I rejoice in Thee. Thou art the loving Father who giveth me all good things. Even as Thou lovest me, so I love everybody and everything! I express loving kindness. I rejoice in Thee and I *know* Thy light of love shines through me. I thank Thee for my perfect wholeness **NOW**. Thou hast given it to me. *I accept it this moment, and rejoice.*

▽ ▽ ▽

**E**TERNAL Youth is of the soul and the spirit, not of the flesh.

*To A Man Who Is Trying To Succeed.*

**Y**OU ARE already doing just exactly the right thing! You are taking a vacation, and you are **TURNING TO GOD**.

If a man is thinking of God he cannot be hurt, either in mind, body or financial affairs. Your problem is to set your thoughts on *realizing the absolute perfection of God and God's world*. To recognize this, to affirm it over and over, is to realize it. To realize God's world is to realize perfection, health, happiness, prosperity, infinite Divine Supply. To affirm these things persistently brings the **REALIZATION**. And the instant you realize it, you will see it manifested.

Not only health, but happiness and prosperity are yours. Believe in God's infinite supply of health and of prosperity: it will surely manifest. "**WHEN YOU PRAY BELIEVE THAT YOU RECEIVE,**" and you shall have it: this is the promise, and it never fails.

You have been hypnotized by looking on the outward appearance, and you keep thinking over the lack which you see in the outer world—in the world of manifestation, which is only the shadow world. In the *real* world you are divine, altogether good, one with the Father, perfect now as well as yesterday and forever!

The trouble is that you look on the outward appearance and judge yourself unrighteously. And of course, for the same reason you have been judging the rest of the world unrighteously. You compared your store with John Smith's store, and because John Smith reported making more money you began to get hypnotized with the apparent lack in your own business.

You are original, unique, and your business is the lengthened shadow of yourself. It reflects you *as you think in your heart*. When you think high, think of yourself as one with God and expressing God, when you have faith in the infiniteness of your capacity, abilities and supply, your business reflects that! When your estimation of yourself or your business shrinks, your business reflects just that, too. So, quit looking on the outward appearance and undervaluing yourself! You are divine! You are altogether good!

## EDITORIALS by Elizabeth Towne

God Himself is working in and through you to express his infinite supply of wisdom, good will, wholeness or health, and prosperity. Just dwell in that consciousness, no matter how things *appear on the outside*; and in due time you will find the outside manifesting exactly what you have been dwelling upon on the inside.

First comes recognition, then repeated recognition and consequent *realization*; and following realization comes manifestation, or the change in appearances. But you have looked upon appearances first, and your knees began to shake, and you were scared by that bugaboo and hypnotized by it!

*As long as you appeared to be a success*, you kept on thinking success: as soon as you began to *APPEAR* not so successful, you began to affirm failure, think failure, shrivel up and act like a failure!—in due time you began to *APPEAR* like a failure, and it is my guess that the entering thought that made for the appearance of failure, was the thought with which you compared yourself to somebody else who seemed to be a greater success than you, at that particular time.

It was all a mistake: appearances are shadows, and they come and go like tides in the ocean. But success itself is perfect always *in truth* in God. And if you wait calmly for the appearance to rise again, if you believe in yourself as one with God, and if you believe in God's power to work out the appearance of success again, it will surely appear, all in good time.

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### *On Getting VS. Attracting A Mate.*

**Y**OU SEE, the secret of getting anything in the world that you want is to **BE YOUR OWN RADIANT SELF**, looking and getting ready for the thing you desire, and letting the world know the truth about your desire! You see, women have been taught to be ashamed of wanting a mate, therefore they go around hiding their light of love under a bushel of conventions. The consequence is, our light being hidden, it is not showing where it can attract the right man. And of course men themselves go around very much in the same way.

The **TRUTH** is that every human being

on this earth who is normal at all, is looking for a mate. Unless he has already found her. And even if he thinks he has found her he may outgrow her, and begin again to look for another mate! And of course exactly the same thing is true of all women.

Now the very first thing you have to do if you want to find a husband and a happy home, is to be yourself.

If your Father in Heaven be lifted up in this way, in your mind, and permitted to shine, he will "draw all men unto you."

As long as you are trying to *get* a mate, you are cutting off the divine light of love, so that it does not shed itself upon unjust as well as upon the just—the *getting spirit* shuts off the giving of love and service and light and beauty, so that even the most suitable person in the world cannot see you, the real you, and be attracted.

Quit trying to *get* a husband and family!

Set yourself to *be* the loving bride and mother of all the world!—of every creature that comes within ken!

And it will be no time at all, before you will find plenty of mates trying to *get* you!

She that would have a mate must *be* a mate, to every soul who comes near her.

She that would *get* children must *be* a mother to every soul that comes in touch with her. She must be the universal mate and the universal mother.

It is the universal mate and the universal mother who attracts the man who wants a mate.

Stop trying to *get* a mate, be still and know that there are 10,000 mates looking for you!

**WHEN YOU PRAY BELIEVE** that you receive it **NOW**, and you shall have it.

**BE** the mate and the mother now, *and make it a continuous now*.

Glorify love and enjoy it **NOW**. Express it **NOW**. In all that you are, in all that you think, in all that you do.

Let your light shine upon the unjust as well as upon the just! And do it **NOW**.

This is the way, the truth and the life to all you desire.

The thing that has been cutting you off from what you desire, is the fact that you have been focussing your love on one man, instead of letting your light of love shine up-



## EDITORIALS by Elizabeth Towne



on all. You *are*, and yourself is LOVE, God. Your SELF is loving interest in everything and everybody on earth, a joyous impulse to serve the human beings with whom you come in contact.

If you would be attractive you must make your oneness with God who is love, who is your divine life and nature.

You must learn to think, act, live, love, serve *straight out from the God within*.

To identify yourself with God in your consciousness, to think and act straight out from God: this is the secret of freedom, joy, health, happiness and prosperity. It is the secret of being attractive to anything and everything which you desire.

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*Will Power Vs. Love Power.*

**Y**OUR letter sounds to me as if you had succeeded more on WILL POWER than on LOVE power. There is a vast difference between will power, which is hard and individualistic and selfish, and LOVE POWER, which is tender, kind, warm and universally serving.

There is only one "undying fire" and that is God, who is the light, the love and the wisdom of every soul on this earth. You are no bigger, no better and no smaller or more contemptible than any other soul on earth. We *are equal in divinity*—all equal but *different*. And we are all trying just as hard as you are to live our highest and best in the world. Just remember this when you are dealing with anybody and everybody and your heart will soften and begin to express God's love instead of self-will.

The place to use your will is upon your own self and upon your thoughts and deeds. Not upon the thought or acts of other people. Use your will to command yourself to the right kind of reading and meditation on the truth every day at certain hours. Command your thoughts to be the loving thoughts of kindness flowing straight out of you from the center which is God—out to all the world. Upon your own thought world is the place where your will should be exercised. When it comes to other people depend upon the love light shining through you—let God do it! Of yourself you can do nothing with any-

body else, but the Father in you shining forth, He doeth the work that you desire done.

There is no virtue in "standing" anything. If the fates delight in trying you it is because you have thought that there is great virtue in being tried. Quit it! Your troubles are self made. God is LOVE and *He dissolves all troubles*.

The way is the way of recognition, realization and manifestation of LOVE.

It seems very simple doesn't it? It is simple—it only requires practice to make perfect.

Don't let people talk to you about awful things in your life. Awful is to him who awful thinks. Quit thinking awful.

There is no such thing as "battling with the waves" except in your thoughts.

If you would have real love you must *be a real lover*. To have love you must express it until people realize that you ARE love. Then you may be sure that many people will love you.

I have no doubt but what many people love you now, but you are so stiff-necked and so critical and faultfinding and self-righteous that you hide your own love nature from them, and they dare not express their love to you. Or possibly they think they do not love you for these reasons on your part.

But you have only to do away with the hard shell outside, and let your light of love shine, and in no time you will find people expressing love in return.

By all means follow your desire into a new line of business if you know what that is *and the way is open*. If you are ready for it the way will open. If you carry the same old hardness into the new work, it will be the same history over again. We carry our problems and our troubles with us, in the thoughts of our hearts.

You can take your new attitude of expressing loving kindness right where you are, and you can make the habit of expressing it and in due time you will find all doors opening to you.



The Publication

*Affirms the*  
**UNITED NATIONS**  
*of the WORLD*





# God's Law of Love Heals a Young Man of Tuberculosis

By W. Y. M.

**M**R. J. WAS a very familiar figure in our little town as he went about suffering from the dreadful aftermath of a severe case of influenza. Every one loved and pitied this kind-hearted boy. They knew that the medical men had agreed that his days were numbered. While he was still seen on the streets his step grew slower and his voice more faint. He grew weaker until there finally came the day when he was seen no more.

I loved the boy and how I did feel for the mother, especially as I had overheard a conversation between his father and a gentleman while I waited in the express office one day. They were talking of the mother and her suffering. She was frantic with grief.

As I did not see the boy out any more I asked about him and was told that he was down in bed, that he was not even able to speak. He was merely alive. I had not been asked to take the case, but oh, I loved the boy and I realized what the mother's anguish must have been.

So I began treatment of my own accord. The greatest part of this treatment consisted in visioning. I used this statement: "You are a child of the living God. He breathes into your lungs the breath of life, pure breath of love. That love now enters into each tissue and cell, cleansing them of all fever, weakness and pain, casting out all impurities. You are now cleansed, healed, made perfectly well and whole."

I also declared that his blood was rich, pure and clean, that his lungs were whole and strong, that his body was filled with the One Perfect Life, and I visioned him as up and going over town, but not as before. I visioned the rich blood coloring his cheeks. I visioned his body big and strong. I heard his voice as he laughed and talked with me and others who were interested in him.

I could see him clearly as he went about filled with thanksgiving and praise.

But I never dreamed of such a rapid recovery.

Three weeks later I visited a convention in our town. To my surprise Mr. J. was one of the first persons I saw. He could speak plainly though yet somewhat nervous. He walked perfectly and was quite as happy as I had pictured him. He told my little boys during the day that the moment treatment began he felt a great change come over him. He grew stronger very quickly and had by this time gained twenty-five pounds. It was a case of almost instantaneous healing. I was so happy about it all. Now I want to add a few words to those who would be healed:

Come to God for your healing as a little child with a pure heart of love for all the world. Love is the key that opens the door of health and wealth for us all. Love will always win a perfect victory.

*(W. Y. M. will tell us in March NAUTILUS how, "Through Divine Healing My Eyes Were Perfectly Restored Five Years Ago".—EDITOR.)*

**F**ATHER, thou art the brooding Presence,  
The all-protecting Power,  
In the pulsing heart of this, Thy World,  
Thro' every golden hour.

—PETTIS MONTGOMERY.

# Revamping Our Emotions

By Mabel Dill

**A**LL OF US are ruled by our feelings. Feeling lies behind all man's achievements and behind all of his failures; behind the great and beautiful things that he has done and the unlovely and tragic things that he has done. Countless physical ailments are caused by feeling alone, and could be cured by feeling—many a man or woman will never get well until he or she stops worrying, taking things so hard, criticising others or having brain-storms. Much sickness is due to fear and much to "pure cussedness!"

The average person does not realize that he can change his feelings. He feels helpless before them. To be sure, some enjoy their "emotionalism", even though it costs them many a headache, many a sleepless night, many an attack of nervous indigestion. They derive more pleasure—unconsciously perhaps—from their emotional "jags" than they would from a wiser mode of living. But when one *suffers enough* from his feelings, he longs to cease from being an emotional weathercock. And he can do so.

Most of us look upon emotion as rather like the wind, which—we think—"bloweth where it listeth". But the wind doesn't! Behind every wind that blows there is a CAUSE. Likewise with every feeling. You never had a feeling, you never will have a feeling, which did not have a reason for its existence.

So when we begin to talk about revamping our feelings we must first of all find out what makes feelings. You are chronically discouraged and depressed. You say, "With my environment, with my problems, anyone would be discouraged and depressed!" Is this entirely true? Does everyone who has unpleasant environments and who has problems, feel just as you do? Do not some become more depressed than others? Doesn't it take more to discourage some than others? Isn't it a fact that a difficulty will "get" one person, while it will act on another as a challenge, a spur to effective action? Doesn't trouble kill some, while others thrive on it, and develop, indeed, through just this very experience. How do you explain it?

"Oh," you reply, "—people look at things differently, that's all. Some just naturally take things harder than others."

Thank you! Exactly what I wanted you to say. It is not what happens, then, but **HOW WE TAKE IT**, that determines our feelings; it's the way we look at things mentally? Yes, feelings are born of IDEAS. And so if we desire to change our ways of feeling, we must change our ways of thinking.

That a change of thought brings a change in the feelings is a thing we have all experienced, many times. How about that time you thought that a certain candidate was just the man for President? You felt quite strongly regarding the matter, didn't you? Then suddenly you were put in possession of certain facts which caused you to "change your mind". Did not your feelings change too?

Did you ever wax angry over some remark which you thought constituted a reflection upon you, and then found that you had misunderstood? You calmed down, didn't you? Possibly you said, "Oh! That's different! You see I thought at first—" And just as what you thought at first determined your feelings at first, just so your later feelings were determined by your later thought.

Did you ever feel blue and have somebody come around and "cheer you up?" How did they accomplish it? By causing you to think differently about things. Isn't that right? You can bring yourself out of the dumps in this same way—by holding different IDEAS before your mind, giving them attention in thought and action.

What are some of the ways of thinking which we need to unkink before our feelings can straighten out?

Perhaps, first, our way of thinking about others. Most of us expect too much from others. We are constantly being disappointed or hurt because we do not receive the response, the understanding, appreciation and consideration which we think our just due. Now this simply shows that we do not understand human nature very well. We need

to think more understandingly, to face facts. Human nature is not perfect, whatever made us think so, I wonder? If people are like this, then they are, and we might as well LET GO to the fact, hadn't we,—instead of resisting and resenting? After all, we are all pretty faulty. Once we realize our own weaknesses we understand and forgive, we are filled with compassion. We long to GIVE, whereas before we have been, like as not, consumed with a passion for GETTING. Isn't it true, dear friends, that many of us are unhappy—make ourselves unhappy—because there is not enough LOVE in our thinking?

Another way of thinking which is sure to cause trouble to the thinker is—being overpersonal. Behind much of our sudden prejudice, many of our grudges, dislikes, flare-ups lies wounded vanity, hurt pride, self-pity—too much ego. The best way to treat this is to be willing for others to think as they please. If they do not like or appreciate us, what of it? What difference does it make, after all?

Oh, we ought to let people alone more! We should be so much happier if we only would. A dear old lady told me recently that her daughters—one was fifty, the other nearly sixty—wouldn't go to her church, or read the books she thought they should read, or "do *anything* I want them to!" Well, why should they? Another old lady of my acquaintance got all upset not long ago, and thought and expressed disgust and condemnation, because her married daughter was thinking of having her hair bobbed. She would have felt so much happier if her thoughts had run something like this, "I don't care for bobbed hair on a married woman, but it's not my hair! It may be a foolish prejudice on my part, but even if I am right, it's none of my business. Jane will probably look a sight, but it's up to her! I should worry!" Think how free she would have felt, once she let go like that.

Then a whole host of bad feelings accompany lack of confidence in one's self. There is always plenty of reason why one should believe in himself. He is a center of Universal Energy, of Creative Life, which is meant to express more and more fully all of the time. Let the person who distrusts his ability or charm, who cares too much for what other people think, give his ATTENTION to this idea, in thought and action, and in time his

inferiority complex will be dissolved, his feelings will change.

Perhaps the most desperately unhappy feelings, however, come from lack of faith in God. Many people long to believe in God, but they can't. Impatient idealists, some of these, who need to use their heads, don't you think, and consider life more practically? It is true that their desired world of beauty isn't here waiting for them, ready-made. But a beautiful one can be started, TODAY. Should they not stop condemning and GET BUSY?

Some doubters do not complain, they mourn. They talk with real sadness about the ugliness and the suffering in the world, and say that if these could but be explained then they might believe. I went through this, and suddenly, one day, looking at a young green tree against the blue sky in the spring, something within me asked a very pertinent question, "What does BEAUTY mean?" I saw that while I was asking for an explanation of ugliness alone, I was looking at life through but one eye, so to speak. I wasn't seeing whole, wasn't thinking straight. When I changed my thinking, my feelings changed.

When we analyze this matter of feelings right down to the dregs in the cup, we find that practically all of our distressing feelings are tied up with the fact that we are reacting to life and its difficulties in an immature, childish way. We are victims of what the psycho-analysts call "an emotional fixation", at the baby stage. The baby wants what he wants when he wants it, and howls when he does not get it. He wants life to be all pleasure and comfort, and he resists discomfort with all there is in him! He craves a lot of attention and has no concern for anyone but himself.

The adult, on the other hand, realizes that he cannot always have his own way, there are others to be considered, and he wishes to consider these others. He knows better than to think life can be "all beer and skittles", and takes the pleasant and the unpleasant alike as all part of the game. Instead of wasting his energy in kicking, he uses it for constructive work. His feelings do not lead him around by the nose, he is the boss. He does not expect nor enjoy a lot of coddling. He is not a weakling, he has developed adult strength. He can stand on his own two feet, and can be happy by himself.



Feelings, we see, depend upon HOW WE TAKE LIFE—in particular the hard things of life. It's all a matter of one's philosophy. He who has a philosophy of love and wisdom and faith and strength will enjoy life

more and more, "day by day in every way!" As a man THINKETH, so is he, in his feelings, and everywhere else.

(In March NAUTILUS read "The Mental Art of Keeping Young and Attractive".—EDITOR.)

## Why Success Succeeds

By Brown Landone

### Article II. Inner Chuckling

**B**IG OPEN eyes, studiously serious—looking twice their normal size and greatly bulged behind his great rounded horn-rimmed eye-glasses; brows puckered with lines like those of an old scholar; thus he appeared at *twelve* years of age, as I've lately seen from a photograph taken at that time.

When *thirteen*, he wrote a treatise on the abolition of the tolls charged at the Panama Canal which was at that time a very important international problem. His treatise was so good that it was sent to an authority in Europe.

At *fourteen* he was ready for the university, and work at the universities of Columbia and Yale followed!

But, when he tried to get into business, he found he was fitted for nothing, and so he had to start at the bottom, making \$10 a week as a multigraph and errand boy.

Then the war, and at *nineteen* he was requested by the United States government to act in the army department at Washington, as a specialist in the work for which his college work had fitted him.

Two years later he was Advertising Manager of a National Exposition. Next followed, very remarkable and phenomenal success, due partly to capacity, but also to a changed personal attitude—smiling, genial—always able to get on well with people of importance.

Then—when only twenty-six, and making more than \$10,000 a year—he sensed the tragedy of knowing that his success was beginning to fail!

Of course, it is sad to feel that one has not made a success; but oh, it is sadder to feel a success *begin* to fail; and saddest of

all to see a man who has made a success, slip step by step, and become a real failure.

When one has not yet succeeded, it is not so sad because there is always hope and faith that success will come; but, when an individual has succeeded and then afterwards becomes a failure, he usually blames others or conditions or circumstances, and seldom looks *within himself* for the cause. If he blames conditions outside of himself, he loses hope and faith—and this indeed is sad!

What makes *success succeed* after we have succeeded—what *continues* success?

Last year, the young man, mentioned at the beginning of this Article, wrote me about *his* problem; he was then *twenty-six* and *had made* a phenomenal success—in that great city of New York where it is most difficult to win exceptional success—starting at less than \$10 a week and rising to \$10,000 a year!

Yet, he was near a nervous breakdown; his eyes were failing him; sleep was fitful and unrestful; he was losing physical stamina; and because of these conditions, he was becoming irritable, and so snappy at times—without desiring to be so—that he was not able to get on with other people as well as he had during the few years of his exceptional rise to success.

He had sense to know that while still young and at the very tiptop of success, he was within himself already *beginning* to fail, for he knew that his *continued* success depended upon his capacity to work *harmoniously* with others.

Oculists examined his eyes, and could find nothing the matter with them; specialists were consulted regarding his nervousness and lack

of restful sleep, and could find nothing physically the matter.

He had known Truth and had practiced it, in fact, he had won his success by its help. Yet, at this time, in spite of his affirmations of strength and peace and his periods of silence for power and harmony, there was this increasingly abnormal physical and nervous condition.

In all such cases there is (1) a *self-evident cause* known to the conscious mind, and (2) in addition, a *Hidden Cause*.

The self-evident and immediate cause in his case was this: the organization in which he was a specialist was a sort of major company including several hundred sub-corporations, the capital totaling over a billion dollars—and as you know there are only three or four such gigantic organizations in the United States. His work depended upon periodical conferences during which he received reports from several officials of many of the other organizations.

As a *reaction* to their own troubles with their own sub-executives, these officials—when they came to confer with the young man of whom I am writing—seemed to desire to take out on him and each other, all the pent-up repression of troubles, which none of them desired to “let out” in his own organization because of fear of stirring up more friction. And, since this young man was not *in* the sub-organization of any one of these executives, they cared not a rap whether or not they “let fly” at these conferences.

Of course, there was no ill-will in this; in fact, they were not conscious that, in arguing and disagreeing among themselves, they were merely letting off their repressed feelings. It was much the same as what sometimes happens in the home of a young married couple, when the husband arrives from a day’s work at the office. If he is a sub-ordinate, it is likely that he has been annoyed and irritated by petty orders and directions from a sub-boss. Being a sub-ordinate, he does not feel free to talk back; and so, by the time he leaves for home, a lot of irritation is bottled up inside him. Consequently, when he arrives — although he’s very loving at heart—he may be faultfinding and petty for a few minutes.

So it was with these officials. They liked the young man; they liked each other; but a free for all *conference* was an opportunity to free themselves unconsciously of irritation which they had sub-consciously suppressed.

The young man’s line was a specialty; and the officials were supposed merely to *bring him information*—each of his own sub-organization—so that he might base his work upon it.

But, just as a tragedian has always a burning desire to tell a comedian how to play comedy and a comedian is obsessed with the idea of teaching a tragedian how to act a tragic part—just as I, knowing nothing of an auto, am filled with an irrepressible desire—whenever there is trouble—to tell my chauffeur just what the cause is and how to remedy it—so these men fittered away time, discussing, arguing—one holding to this idea, another to that—mentally fighting—back and forth among themselves—sometimes for three and four hours at a time—trying to agree upon *what* they would *advise* the young man to do with the information they were to give him.

The young man was very conscious of the value of time—for one reason he had succeeded phenomenally was because he had not wasted time; he wanted to get the thing in shape and wanted the officials, quickly and without bickering, to give him the information—and leave, so that he could do the work the major company expected him to do.

As week by week and month by month went by and this condition went on—and since more than a third of his time was spent in listening to useless wrangling, it began to wear on his nerves, resulting in the conditions previously given.

“Have you *used* the Truth you *already* know?”

“Yes! Not only night and morning, but many times a day, I make affirmations of strength and power and vitality and endurance; I have affirmed that God is *my* strength, that God is ALL strength, and that His strength is MINE!”

“And that God is peace; that you can sleep in peace; that He is harmony, and that these men *are* harmonious?”

“Yes, — but things are getting worse — what’s wrong with such affirmations?”

“NOTHING — they’re TRUTH — and *always* bring the *right result* if used to meet the RIGHT need!”

“When you run out of gasoline on an auto trip, you would never fill up your gas tank with *water* and expect the engine to run. Yet, you have affirmed *thoughts* to remedy an *emotional* condition.”

“God has created everything to multiply

*after its own kind!* You are *not* troubled by the ideas advanced by these bickering officials, but by the *emotional upset* within yourself due to worrying about the time *you* waste during such discussions."

"Since the trouble *is* emotional, it must be met by an *emotional* means, for the law is absolute—everything produces after its own kind! What you need is *inner joy* to prevent the worry. Affirmations are good to meet mental conditions, but inner laughter is the best means of meeting an emotional upset!"

So, I advised, that each time these officials carried on their useless discussion, he should take a *rest* until the end of the meeting.

"But, I can't leave them; I've got to stay and listen, or they'll be offended."

"Of course, you have to *stay*—but, not to LISTEN! Sit quietly, keep your eyes active as though giving attention; but, *deep down within yourself*, CHUCKLE! Be happy that they are arguing over this and arguing over that. *Laugh silently*—just underneath the fourth button of your vest—jiggle your solar plexus — a la Methode d'Elizabeth — and chuckle—because of the *chance of resting* which they give you. Laugh—not in ridicule—but because you're *glad* that they are "letting off" at one another—each freeing himself so that he'll be in better condition to do good work when he goes back to his own organization, and remember inner joy and mirth *are more restful* than sleep!

Two days later he telephoned:

"I've tried it, but Landone; it's *no* good! It simply don't work! I really tried, but with such wrangling going on, I felt about as joyful as a dog trying to eat a wooden bone—Do you know, I just *can't* feel joyful *inside*."

When I heard that last phrase, with the emphasis on the "can't" and the "inside", I knew that there was a *Hidden Cause* as well as the self-evident cause of those men wasting his time. So that evening we went back

into his boyhood history. He had been very studious as stated at the beginning, and—as I that evening discovered—his childhood had been very unhappy; there had been very little joy in it; in Truth, *it had been tragic!*

So, he began at the base: *imaging* himself as a boy of nine or ten—doing the boyishly happy things he had wanted to do as a *boy*, re-living *in imagination* a merry go-lucky life! This was done night and morning for two weeks. Then it was followed by *images* of himself chuckling within himself and laughing silently while others were arguing and contradicting and disagreeing with one another's ideas.

*One month of this wrought a marvelous change!*

But what has this to do with making *success* succeed?

*In working up to success*, we deal MAINLY with THINGS and SYSTEMS, and only secondarily with people.

But—*after* we have attained success—we are *compelled by our success* to deal MAINLY with PEOPLE, and only secondarily with things.

To attain success in handling things and systems, we use thought predominantly.

But, *after* succeeding, we *continue to succeed* by winning, holding, and working harmoniously with others—and harmony is *maintained* only by agreeable and habitual *emotive* attitudes!

A little wine-glass of joy and mirth and humor and merriness—fragrant with love—wins more harmonious co-operation than a hogshead of thought—peppered with reasoning and arguing!

This makes success succeed!

("Dancing Youthfulness" will be Mr. Landone's subject in March NAUTILUS. How a man on the point of failure turned his business into a success through the energy and enthusiasm generated by taking up dancing.—EDITOR.)

## The Birthplace

By Elizabeth Kuskulis

I blasphemed  
Fate for scanty  
Dole of great events.  
Fate whispered: "They must first  
be shaped  
In your own soul".



# How to Keep from "Relaxing Tensely" When You Go Into the Silence

By Herbert Coolidge

A FELLOW I know told me about his first period of relaxation. One minute of complete relaxation, that was his aim. So he laid flat on his back and "relaxed". He held his watch face upward in the palm of his right hand. When he thought about a minute had passed he looked at the watch—and discovered that the hand he held the watch in had been about an inch above the ground all the time. Some of us "relax" that way when we go into the Silence.

Here is a simple test which will enable you to see if, unconsciously, you are undergoing any strain while in the Silence. Simply this, if, just after your Silence, you find yourself kind of cross about something or feeling a little angry at some one or a little grieved about this or that, it is a pretty good sign that you have "relaxed tensely". So if a woman, after praying for her husband, finds that she is madder than ever at him she is not to blame herself at all. Don't quit trying, and above all don't try harder, but find out some way of getting rid of that tenseness. When you do find The Way you will have the peace that passeth understanding after your time of prayer.

My wife and I work in the Silence a good deal. She closes her eyes, turns to the Christ within and visions the Christ power doing its work. But if I attempted to pray in this way there would be a mental blow up. It seems to put me in a semi-trance state; it took me a long time to find out that this way of praying was tearing me to pieces nervously. I do not make the same imprint with my thumb that my wife does, so I suppose that other aspects of my nature are also quite different.

A good many people who are all knotted up through tenseness in prayers come to my wife. She always tells them to stop going into the Silence altogether for a while, and just to look at flowers or mountain peaks or other beautiful and inspiring things and to think quietly about God; and to read something

which tells about the power of God and to quit worrying about the theory.

Here is a good way to slow yourself down before going into the Silence. It is very simple, but it is a real wonder worker when it comes to breaking up the habit of tenseness and of breath-holding or breath retardation, which is so common among us high strung Americans.

Sit or recline in a comfortable position. Begin counting: one—two—three—four—five. Say "one" in a swinging, full vowel whisper; then wait for a moment for the impulse to take in another breath. In the same manner say "two", and so on through the count to five. That little time of waiting after each count for the forthcoming impulse to breathe is very important. At first let your attention rest passively on this little waiting period. Later, when the rhythmic breathing becomes automatic just think quietly about the counting.

When you have finished the first count to five rest for about three breaths; then begin again and count to five. If you feel yourself inclined to yawn in the little recess interval why stop right there and have a real good one. After two or three of these counts to five you will find yourself breathing in the same full, free manner that you do when you are asleep. With a lot of Americans the harder they think the less they breathe. And some, through unconscious tenseness when in the Silence, also unconsciously retard their breath while trying to pray. And this takes all the rhythm and power out of life.

If you know of any one who is having trouble with his wife tell him to count in this way every time he finds himself getting mad at her. Then go in secret to his wife and tell her the same thing. If they are not religionists don't say anything about the prayer part. Just the slow-down count will start them breathing full and free and will enable them to quit thinking too hard. And then love may creep back in. And love will cover

up all the freckles on his or her nose. But this is a digression.

Now for the prayer part. You are still sitting or reclining in a comfortable position and you are breathing full and free, and thinking about nothing in particular. So now, because there is rhythm in your life, and all the brakes are off, the Spirit can do its work. Where there is freedom there is power.

Close your eyes if you are in the habit of closing your eyes when going into the Silence. But first try it with your eyes open. A good many healers work in this way. Peter prayed in this way the time he healed the man who was lame from birth.

Now divide your prayer into fragments that you can say easily with one whispered breath. This will enable you to maintain your breathing rhythm, which is a great source of freedom and hence of power. Also it will enable you to let your mind dwell quietly on one idea at a time. Trying to think about several aspects of a thing at once is a fertile cause of mental tension. The word I sometimes use will serve to illustrate this principle. Use it if you want to, or adapt one of your own.

*"Father—Thou art the Power—of the Liv-*

*ing Christ—healing and blessing—all mankind. — Thy healing Presence — touches Charles—and makes him—every whit whole, —perfect in body—perfect in mind—and perfect in Spirit.— In the name of Jesus Christ—it is so."* Say each of these prayer fragments in just about the same way that you said each number when counting to five. Only now your whisper will be somewhat lighter, especially on the larger fragments.

Sometimes, in saying a prayer fragment, I let my mind rest quietly on the movement of my lips, sometimes on the sound of the whisper, sometimes on the sense of the words I am saying. But there is always a little warm feeling in my heart, or as Elizabeth Towne says, my solar plexus. And with this there is a sort of inner conviction that there is something very big and powerful which is doing the work, I aim to give this Spirit full freedom and not to crowd it out by my mental trying. My ancestors made a living on Massachusetts farms where the soil is about a foot deep. So the try-hard and work-hard principle runs high in me. I was a long time in finding that it worked against me in prayer.

*(Read next month "An Affirmation That Brought Me Out of Invalidism Into Health".—EDITOR.)*

## Life Light

By Ernest C. Wilson

**S**EDATIVITIS! Are you infected by this new disease? A popular psychologist says that its chief symptom is being unable to stand up when there is a chance to sit down.

Once there was a woman who had a hundred things to do, so she said she "guessed she'd sit down and rock." She had sedativitis.

A clan of Southerners called "Leaners" spent their alleged waking hours leaning against the little railroad station of the village in which they hibernated. When the station was moved, several of them fell and were injured!

They awoke sufficiently to put in a claim for damages from the company. Instead they should have paid the company a physician's fee. Sedativitis is a dangerous malady.

*Waking up when you get up* is the only cure for sedativitis. The shock it takes to make you do this is a blessing in disguise—a desperate remedy for the malady of your un-success.

# New Thought Recovers a Sum of Lost Money

The Law of Love Applied Caused the Return of A Lost \$100 by the Owner of the Worst "Joint" in Town

By S. N.

I Used W. Y. M.'s Method of Tuning in on the Vibrations of Love with Astonishing Results

SINCE I BEGAN to study and *live* New Thought, wonderful things are happening to me every day of my life. It has become such a habit with me that every morning when I am bathing and dressing for the day's work, I keep wondering and guessing as to what nice things are going to happen before night arrives. It is a regular *game*.

To begin with, my husband, who is a traveling salesman, lost a roll of bills on the street. The roll contained \$100—all in \$20 bills. Now, \$100 dollars isn't such an awful lot of money, but still, it helps out a lot when a woman wants as many comforts and luxuries as I want. And my husband likes to get everything for me.

The first thing he said when he told me the bad news was this: "Now, darling, I don't want you to go without anything. You can have everything you want just the same."

But, of course, I knew I wouldn't get some things. I wanted new silk drapes for my windows and new taffeta covers for my sofa cushions. Yes, I would make the old ones do another year unless the money was found. But I kept cheerful and silently affirmed that "God rules the world and all will come right."

I asked my husband if he had any idea where he had lost the money. "Yes," he said, "I think I lost it in ———'s. I was cashing some checks for him." I asked him all about the place and I found that they had a very bad reputation. My husband's work takes him into all those places. He was quite upset about losing the money because it would take the whole of his Saturday pay check and \$20 besides to pay it up, as the money he lost belonged to the company he worked for.

"Never mind, dear," I said. "We'd rather lose the money like this than to have to pay it out for doctor bills like some folks have to. None of us are sick anyway."

So I cheered him up and told him that I knew the money would be found all O. K.

After he had gone I asked one of the neighbors about the place. She told me quite plainly that it was the worst "joint" in the town, and if Mrs. ——— ever saw the money she would merely put it in her pocket and think she was that much ahead.

But in my heart I had faith that there is a great goodness in everyone's heart, no matter what other folks think or say about them.

I went up into my gay little bedroom and as I stood there in the center of the floor looked around me at the beauty and daintiness which I loved. Suddenly my heart contracted with pain as I thought of poor old Mrs. ——— and all the sweetness and purity and happiness she had missed in life. It seemed for a moment as though I had everything and she was the poor one. Although she has ever so much more money and property than we have.

I laid down on my bed and closed my eyes. I could feel the love and life of God surging through my veins. Then I began to drop the stones of loving thoughts in my heart and I could see the ripples gradually widening until they embraced Mrs. S. Then the ripples began to come back to me from her heart. You know how they do. I learned this wonderful treatment from W. Y. M.'s "Tuning in on the Vibrations of Love," (in October, 1924, Nautilus.) I learned that article almost by heart and when using it, I have never failed. There is a magic about it that I have never found anywhere else.



I used this treatment twice daily for three days, and in between times whenever I thought of Mrs. — I would say, "God loves you and all his marvelous abundance of happiness surrounds you." Then I would forget all about it and go about my work, singing.

It was three days later when I went past the — place on the way to the grocery store one morning. It was a lovely day and lots of people were out on the street. Mrs. — was standing in the door. She was leaning on one hip, and she looked so unhappy that I felt sorry for her. Folks rarely speak to her for they do not know as I do that she has God in her heart the same as the rest of us.

"Good morning, Mrs. —" I said, and I smiled into her eyes. They didn't look very friendly either. There was a store near by and I stopped for a moment to make purchase from stock displayed on the sidewalk. The proprietor was a pleasant little fellow and reminded me of a ray of sunlight, he was so happy and cheerful. After I had paid for my purchase I asked him if he had heard of anyone finding a roll of money in that vicinity. I explained that my husband had lost \$100, five twenties, and I wanted new curtains. "But I guess I can't have any now," I said, "unless some good, honest person found it and returns it."

"If I find it I will give you it" he said and showed all his teeth in a smile.

"I know you will," I said, "and I feel as if someone who is honest has found it and will return it soon."

So I walked along knowing that Mrs. — had heard every word. I repeated my affirmations a few times on the way home. When I arrived the telephone in the hall was ringing. I answered it.

"Hello," called a heavy voice, "Is this you? This is Mrs. —. I found your money. I'll bring it over this afternoon." I sat down in a chair. This was what I had been working for and praying for, but it made me feel faint.

That afternoon she came over and when I went to the door she handed me the money. I thanked her and asked her to come in.

"No, thanks. Too busy," she said.

"God will bless you for this," I said, "I will ask him every day to bless you."

As she walked away there were tears in her hard eyes and her lips were trembling.

Of course I was glad to get the money, but there is a greater and grander satisfaction in proving that no matter how degraded a person may become, there is still that Infinite Truth burning within their hearts.

(Be sure to read in March NAUTILUS "How a Dream Showed Me the Way to Financial Independence".—EDITOR.)

## Are You Too Introspective?

By Vincent Vaccaro

### Special Hints and Helps for Those Who Belong to the Subjective Type

ONE OF THE chief inhibitions of New Thought cures is the habit of too much introspection. When we continually diagnose our case our subconscious is so impressed with disease that affirmations, even though repeated over an extended period of time, rarely, if ever, avail.

The New Thought student of analytical trend of mind,—the passive, abstract and analytical thinker—is often disappointed to find himself failing to realize his affirmations while with the synthetic, less imaginative, motive

type, realization is oftentimes almost instantaneous.

Just why is this? Let us examine, for a moment, the effect of affirmation produced upon each of these types of mentality. First, we take the introvert type, which is more or less imaginary, and always analytical, in its trend of thought.

The introvert realizes, even more so than the controvert (motive type) the efficacy of suggestion. He has read and seen demonstrated the truths he would apply upon him-

self. Let us assume, for example, he is affirming upon health. He knows that the mind (he is more apt to call it "mind" than spirit) controls the body. He knows also that affirmations made in a perturbed state of mind are of no avail. When, therefore, he affirms some truth, he endeavors to do so in just the correct manner, as it were. He consciously attempts to become calm in order that the suggestion may have its greatest potency. Now when he consciously attempts to become calm he is watching himself. It cannot be otherwise. And when he watches himself, that spontaneity, which is creative and spiritual, and the source of his greatest power, cannot be evoked. The affirmation, therefore, is mental rather than spiritual in nature. Affirmations made with the mind alone are rarely acted upon, except in cases of prolonged demonstrations. And then their materialization comes only when the mental attitude has at last impressed the spiritual to the point where spiritual realization exists.

The introvert type also has the habit of returning to himself to see how things are getting on. This habit, if indulged in regularly, tends to inhibit successful demonstration of truths. Unless we lose ourselves, just as a child loses itself in play, we are not going to attain that poise and spontaneity of thought and action which tends toward realization. The introspective delights in watching himself, and spiritual power, which is spontaneous and natural, can not come to us while the mind evolves ever about ourselves. When we become introspective the best plan to pursue is to learn how to play, to follow our inclinations more and not to wonder just how we appear to others. As long as we behave as though we were on parade we stifle that spiritual growth which under more natural conduct would come to us with affirmations.

Now the motive type, while not so *lofty* a thinker is a deeper or, rather, a harder thinker than the more mental or imaginative types. His thoughts, being less numerous and more practical, are graven deeper upon his mind, while in case of the higher thinkers thoughts are more abstract and therefore less potent. The motive type is more natural, more spontaneous, on the surface, as it were. He is not given to deep speculation upon whys and wherefores. Generally, he reasons a thing out and is done with it. To watch the effect of suggestions concerns him, to be sure, but to trace each effect back to its cause does not.

This procedure is in the province of the analytical thinker. The motive type makes his affirmations without consciously endeavoring to forget himself. He "just naturally" does not think about himself, anyway. Hence, his affirmations are not only graven deeper upon his mind but being made spontaneously, they impress his spiritual nature and are, for the most part, readily acted upon.

Then, too, the analytical thinker has often the desire to experiment with New Thought. He often changes his affirmations before they are materialized. He wants to see *if* they will work out. This is a purely mental procedure and any one who attempts it is sure to fail because, to doubts and analysis, no spiritual phenomenon will submit. It defies analysis. Keep your eye upon it and it will not grow at all. Indeed, if you examine it long enough from your "intellectual" side, your spiritual power is apt to atrophy. "Let not your left hand know what your right hand doeth" might well mean: Let not your intellect know what your spirit is about. If you do, your intellect will endeavor at all times, to put the "quietus" on. Intellect is always unfriendly to spirit. Probably because in man's past there has ever been perpetual war between these two—the brute mind and the God mind, the "take" mind and the "give" mind,—Caesar's law and the law of the Nazarene.

If you are given to introspective thinking and feel that this is inhibiting your success with New Thought, then alter your habits. If too abstract in your thoughts try to bring yourself to a more efficient range. Take up some *one* study, read only *one* subject for a time, and your thoughts will become more potent. Quit philosophizing and meditating and live more on the surface. Mingle with your neighbors, interest yourself in *them*, and when your thoughts travel back to yourself, regard them lightly and they will go away. Don't try to force them away. They will only become the more persistent. Merely turn them over, as it were, and laugh at them. Don't give yourself time to worry about yourself and after a few weeks or months your spiritual force will be such that any affirmation, harmonious with itself, which you choose to make will be acted upon forthwith, and you will have left behind the greatest hindrance to all spiritual manifestation—the dangerous habit of introspection.

("Your Invisible Partner: The Subconscious Mind"—don't miss it in March NAUTILUS.—EDITOR.)

# How I "Thrust My Ideal Into Reality" and Healed Myself of Indigestion and Gained in Weight and Strength

By P. R. C.

I Hadn't Learned that Spirit is All Resourceful and Always Finds a Way

**A**LPHABETICALLY, it was my turn next for the Circle. But I called up the secretary and got out of it—just as I was beginning to sidestep many duties both outside my home and in. This done, I sank into a chair with a quick breath of relief.

To have all that crowd upsetting the hard-kept order of my little home; to hear their confusing, meaningless babble; worse, to feed them all—and their children, too! The muss and fuss of it all—one could hire a woman for the afternoon at half the money-cost alone and then get more work done.

"But you should love your neighbor—"

"I do—of course," (piously) "but isn't there a saying somewhere that though we can't choose our relatives, thank heaven we are at liberty to select our friends?"

The baby finally asleep after a struggle, and peace once more reigning for a brief space, I turned to my desk; an article there had to be finished—and I wanted desperately to get at it. But I yielded to the bed for a while to still the disturbing thump-thump of my heart, which seemed to be under my stomach. I had always prided myself on carrying on with vim no matter how I felt; but now—

My stomach was not re-acting right to food; hadn't been for two months or more, and *the condition* seemed to grow worse rather than better. I felt nausea; had two sore spots in my abdomen—one, the appendix, apparently; intestines felt hard and knotted in places.

I solemnly tried a few New Thought affirmations, but noticed no change; seldom had, except on rare occasions, and of course I didn't understand the mysterious responses that came.

I put my mind on the article, but it shied

off; why couldn't I relax? And it seemed as if the village was never noisier!

No doubt even my writing was to be taken from me! And I had tried so hard to forge ahead conscientiously in every way, even in girlhood. A surge of self-pity swept me. But no, not that; I knew it never paid.

That evening I took up *Nautilus* again. And there in a magic sentence I saw the light. "*Thrust your ideal into reality*" was the gist of the message. Then it was up to me! I had tried, but the trouble was that I hadn't known that Spirit is all-resourceful and always finds a way. Ways and means were my job.

I put thought into the planning of my next day. And the moment I began to *do* the tide turned. I schemed so baby would take his nap earlier; that night he went to bed earlier and naturally he woke at an earlier hour the next morning. I weeded out my files; went through my household nooks and discarded all useless clutter; cleared my desk, and so on, until the spirit of order pervaded my being.

I calmly thought out that night the one thing I might do in my quiet hour the next day, instead of wasting that hour in trying to decide which one of a dozen alluring ideas I'd tackle. And while I worked at household duties I refused to worry because I didn't have half the day free for the work I preferred to do!

An evening or two later I got another idea from *Nautilus*. This was to the effect that when we relax we must not listen for the annoying sounds around us, but turn the ear inward and hearken to the "Peace Be Still" of the Spirit. The alert, listening attitude that the "dozing pussy takes at the sudden squeak of the mouse"! I practiced this with increasing success, rising after a few minutes clear-eyed and serene. Now that I have set-



tled the point that I prefer to hear the voice of the Spirit, material noises have less power to disturb me.

Intent upon thrusting my ideal into action I turned my attention next to Eugene Christian's "Corrective Eating Lessons" which I had possessed for several years. I put all other thoughts out of my mind and absorbed these lessons, realizing that before "all these other things" could be added I must first put my body in harmony with spirit—like a good radio receiver.

The spirit led me to pick up a copy of a small health magazine when in a neighboring town, and that night I found a paragraph about "food combinations". I learned that since the stomach is first of all a laboratory it behooves us to combine with intelligence the food we put into it; just as a chemistry worker takes due thought in combining the elements with which he works in order to avoid disaster. When I applied this master-rule to my next meal I had no unpleasant reaction whatever!

Another splendid hint was the article by A. D. G. in which is given the affirmation she formulated for the healing of her nephew. That night I tried it, substantially:

"I am Spirit. My body is not composed of solid matter, but of an infinite number of constantly-changing cells that are absolutely subject to my authority; therefore, I command my perfect and willing heart to send the pure, vital blood of life to every cell and cause it to absorb therefrom every atom of waste it may find; to bear this waste back on its rushing flood to the lungs (here I took a deep, satisfying breath); there to be purified and returned to the heart, thence, again, to be sent through my body to every cell, absorbing all waste to be found, etc."

Three or four repetitions of this sort, and the effect was certainly marked. One can

feel the blood bathing every cell with life and vigor.

It is a fact that from the first night I practiced this plan I have felt no tenderness in the abdomen; intestines are again yielding and normal to the touch. Nervous tension is very much less. I have gained three pounds in two weeks. My eyes are losing their strained, old look; color is good and my whole body is springy and free.

I am resuming the little mental work I did in the evenings. Hope rises with each step forward.

Further, I entertained the Circle last Thursday at a quilting party. All the cleaning, and other work incident to such an affair (aplenty even in a wee house, where there's an active laddie!) the directing of the work, the serving of the simple refreshments—to as many children as mothers!—I did myself, and enjoyed every minute of the afternoon. I listened to what they had to say, and felt the stir of a real interest in my neighbors. After they had gone, and supper was over, also baby in bed, I spent an hour completing the tacking of the comfort. And I wasn't tired when I stopped. "From the soul alone flows strength."

The best is last. For years no help has been available, but next week the most experienced girl in the village (lately with the Inn) will take up her duties in our home; and I will pick up again to some extent the threads of the work I had to give up several years ago. All this with the full consent and sympathy of Friend Husband—who heretofore held New Thought rather lightly, owing to my failure with it, I suppose!

And thus the myriad obstacles that appeared to block me at every turn are being leveled one by one as the light of Spirit floods them and the way is made clear.

("All Good Is Now Yours", to be published in March NAUTILUS.—EDITOR.)

## Peace

By Mrs. F. E. Reeve

IF I COULD have just what I wanted  
 In this old world of ours,  
 I'd ask to do the work I like  
 Through all the happy hours.  
 For rest and inactivity  
 Are not the roads to peace.  
 If these were all the things we had  
 All happiness would cease.



# Views and Reviews

## By William E Towne



### "HOLDING" A MENTAL ATTITUDE.

**I**N the early days of New Thought we used to read much about "holding the thought".

But we have learned that it is better to let the thought hold you!

And to *express*—radiate—the thought by constructive action.

If you want to help another, teach him to radiate his energy by appropriate action—action that is *keyed* by the right thought.

"Holding" the thought of what you desire to do or to demonstrate, beyond the point necessary to analyze all the factors connected with the idea and to form a clear image of what you desire, may easily become a negative proceeding. It may be carried to the point where it will cause serious repression and cause a nervous breakdown.

For "holding" too strenuously to an ideal may become an obsession. It means *withholding* from expression in other directions except the one selected. But this is an unnatural method of securing the necessary focussing of energy.

The normal way to cultivate concentration is by way of *interest*.

*You do not have to "hold" your attention on that which interests you*, beyond the initial stages.

Your interest can be aroused by *selecting* your thoughts relating to the matter in which you desire to become interested.

Associated ideas—mental pictures relating to the subject—*increase* your interest.

For instance, if you desire an automobile, mental pictures of the various ways in which you could use and enjoy it will help you to become interested in ways and means which will naturally present themselves by which you may acquire it.

Interest *frees* your energy. "Holding" the thought, without expressing it in appropriate action, may quickly lead to *repression* of energy.

Freeing your energy into constructive ac-

tion means increased manifestation of LIFE. It means growth, unfoldment, health, happiness.

To try to "hold" one's thought in certain channels really means that one *withholds* thought energy from certain other expressions. And it usually means that you give more attention to the withholding process than you do to the constructive side of your problem.

To "hold" a mental attitude results in tension. It interferes with the normal circulation of ideas. It checks the normal processes of life. It builds up in the mind a picture of *resistance*, of obstacles to be overcome.

But to guide and direct one's energies into normal expression, into creative action along constructive lines, brings added power and health and joy—in every way a fuller realization of LIFE.

### PILING UP WORRIES VS. USING ENERGY USEFULLY.

**N**ERVOUSNESS and worry arise whenever one allows petty annoyances to tag him for any length of time.

A man in an office, for instance, is annoyed by the attitude of his superiors. He feels that he is being given more than his share of the work; that the boss does not appreciate anything he does, etc. etc.

If this feeling persists, there is built up a habit of repressing energy. When the man is told to do a certain thing, in the way of office routine, he does not comply readily and joyfully, at least in thought. His reaction is more apt to be one of resentment and resistance. "Why not let someone else do it", or "why was the work given to me when I'm already doing more than my part?"

Feeling, perhaps, that nothing will be gained by a verbal protest, he sulks in silence. And this sulking means a constant repression of energy. Finally there may come a time when the pressure of energy seeking expression becomes so strong that the man grows short



## VIEWS and REVIEWS by WILLIAM E. TOWNE



tempered, nervous, irritable. Various symptoms of ill health may develop, with almost endless possibilities for causing trouble.

This condition is apt to be laid to "overwork". It is not overwork but lack of adaptation that is responsible in such cases. It is the mental friction and conflict created by resentment that brings about the unpleasant symptoms. Not less work but more should be the remedy. Only the work should be done under the driving power of a *real* interest. In every way it would be better for the individual to pour his interest-energy into his work than to let it expend itself in those mental conflicts that wear him down without accomplishing anything.

With the habit established of directing his thought energy into his work, he would find that many causes of friction would be automatically removed. And even though he failed to get what he considered proper recognition for his work, he would be in a far stronger position to negotiate with his employer on this point, or to seek a new position elsewhere. Once the habit of creative effort is established, there are no limits to what may be accomplished. All life becomes different. New opportunities open up on every hand, because the individual is looking for them instead of allowing all his attention to be absorbed in resentments and negative phantasies.

It all comes down to the point of how one *prefers* to use his energy. He cannot use it in resentment, phantasy, envy and similar negative emotions—all of which are great energy consumers—and at the same time use it for constructive purposes, to better himself in health and finances.

### YOUR SYMBOLS BRING FORTH AFTER THEIR KIND.

**D**OES some person exist in your thought as a symbol of your being separated from your good? Does that person seem to stand between you and happiness, or the realization of some of your strong desires?

Then be careful that you do not make the symbol a center for the attraction of the very results you wish to avoid. If you feed the

symbol with thoughts of resentment and ill will, if you refuse to recognize the good in the person that stands as the symbol in your thought and persistently clothe him (or her) with the qualities of evil, you will bring yourself into vibration with the very negative forces you desire to avoid and for which you blame the other person.

One of the commonest causes of failure is the belief that some one else stands between the individual and success. But the real origin of success is within and not outside the individual.

So long as you believe that any other person is standing between you and happiness, you inhibit your own powers for creating happiness. Your own thought force does not flow out in creative, constructive expression when you are filled with ill will and resentment toward another.

Your own life will not become rich while you refuse to see the good in those around you.

Love is the power that releases energy for constructive use. Good will to all around you aids powerfully in the dissolution of inhibitions which hold you back.

In the close relationship of marriage there is a fruitful ground for the development of negative symbols, if one has a tendency in that direction.

How many men blame their wives for their failure to make good in a financial way. And how many wives blame their husbands for their own unhappiness.

The husband thinks, "If only my wife was less extravagant, or if she did not 'nag' so much, or if she was more sympathetic with my troubles, how much more I might accomplish."

And the wife thinks, "If my husband was kinder, if he was more generous and thought less of himself, if he would only act thus and so, how much happier we could be."

Each goes on creating in his own thought a negative and destructive symbol of the other. Into this symbol goes resentment, ill will, the feeling of being robbed of good by the other, until the thing pictured grows into reality, to a great extent.





## VIEWS and REVIEWS by WILLIAM E. TOWNE



Reverse the process and you can reverse the results. For love and good will bring forth after their kind. They release in one, forces that conserve, create and attract his good.

### MEETING LIFE'S PROBLEMS IN AN ADULT WAY.

**T**HE majority of persons are still meeting the problems of adult life in a childish way. They are still influenced very largely by the thought habits and mental inhibitions that were formed in childhood, and by the fears that have come down through the race life from experiences thousands of years in the past.

The primitive tendencies in man, the unconscious, always tend to hold him back from progress. The unconscious, infantile, primitive part of man is lazy. It dislikes concentrated effort.

The conditions of modern life compel most persons to work in order to succeed, or even to exist. Therefore the individual needs to outgrow the infantile dislike for sustained activity. He needs to find enjoyment in work, to make it a means of self-expression instead of an unpleasant task, if he is to succeed in any degree. He must learn to complete a piece of work regardless of whether he likes it or not; but if he rewards his interest by picturing the ultimate benefits to himself and others that may result from his work, he can find enjoyment in any kind of work.

The secret of progress is to learn to love that toward which we are growing. In other words, to set up an ideal, which we are willing to love and work for, and then to adjust the conditions of daily life so as to serve that ideal.

The child mind lives largely in the present. The adult must take a longer look ahead and analyze more fully the present and the past, if he is to grow and succeed.

The child is swayed entirely by his emotions. The adult must direct his emotions in the service of his ideal, and towards constructive ends. He must teach his emotions to serve society as well as himself. This is usually the greatest problem in the individ-

ual's life. Repression of emotion will not by itself solve it, but direction of emotion to constructive purposes and for the service of the ideal offers greater hope of success.

One of the greatest factors in raising the emotions to the service of the ideal and of society, is religion. It helps the individual to sublimate his emotions and direct them into channels of service to society and toward constructive ends. We can readily see how even a religion that is nine-tenths superstition may be a tremendous factor in the welfare of the race.

Above all else, the adult needs to learn to face the problems of life and analyze them instead of running away from them. The child mind refuses to see that which is unpleasant. If there is work to be done, it quickly deserts it to return to its play. Adult man would fain do the same, but cannot if he is to become a man instead of remaining a child. The child lets himself drift from one pleasant experience to another, with little self-direction. The adult must take a firmer hold upon the direction of his own forces, if he is to meet effectively that which lies before him in the way of experience. He must learn to so adapt himself to the conditions of the world of reality that he will daily grow in power to mold and shape that world in the service of his ideals. This means work, and joy in work, and above all it means, as Mr. Landone has so clearly shown, *new* thoughts, *new* methods, *new* directions for one's energies, so that growth may be continuous.

## Neither War Nor Peace

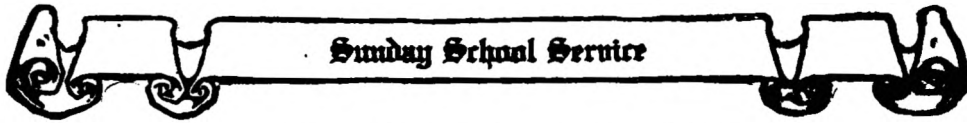
By Robert M. Wernaer

**N**EITHER war nor peace can free us from bondage;

By ourselves alone can we be made free. Unless we have the strength of the autocrat,

The strength that is born of the Soul, We shall in the end be conquered.

—*In The Soul of America.*



## International Sunday School Lessons

*Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons*

### Class Work by Rev. GEORGE C. GOLDEN

February 14. JESUS THE GOOD SHEPHERD or THE OWNER. St. John 10, 1-16.

*Bible Readings:* Isaiah 48, St. John 10.

**GOLDEN TEXT:** *I am the good shepherd, the good shepherd layeth down his life for his sheep.* St. John 10, 11.

**NEW THOUGHT GOLDEN TEXT:** *I am the Lord thy God which teacheth thee to profit.* Isaiah 48, 17.

**I**N STUDYING the Bible and all other metaphysical literature, the student must never lose sight of the fact that even the denial of matter is only a device by which the mind is better able to impress its mould upon the physical. It is well to keep in mind this significant paragraph of Dr. Sadler's, given in "Psychology of Faith and Fear": "Mind never fails to impress itself upon matter. For every mental process there never fails to follow some physical response. Every thought of mind, every process of consciousness, is unfailingly translated into some form of material movement."

The parable of the good shepherd is the teaching of the attitude of loving-ownership towards our fellowmen. At first the two ideas seem contradictory. They are complementary.

The shepherd in the parable is not a hirling. He is not a volunteer. He is the owner of the flock. He keeps the sheep—not for pleasure, not for recreation, not to make a martyr of himself, not to see what an ideal flock he may produce—but for his own profit.

Our idea of profit, when translated into metaphysical ethics, must be raised to artistic proportions. It was profit for Shakespeare when his audience appreciated his plays. It was profit for Lincoln when the American people adopted the brotherhood of man into their political program. Father Damien profited when the lepers of Molokai rose from hopelessness of mind to spiritual optimism; you profit every time a man takes a step that brings you nearer "the vision showed you in the mount".

The Master used his followers to create the consciousness of Emmanuel and in using them, he blessed and benefited them. His vision, his purpose, his leadership, his attraction was the use he had for his students and the friendship thus formed, endured longer than life itself.

#### *Silent Affirmation.*

"Underneath Christ the divine I see,  
The dear love of man for his comrade, the attraction of friend for friend."—Whitman.

February 21. JESUS RAISES LAZARUS FROM THE DEAD or THE SEER. St. John 11, 32-44.

*Bible Readings:* Malachi 3, St. John 11, 1 Cor. 15.

**GOLDEN TEXT:** *I am the resurrection and the life; he that believeth on me, though he were dead, yet shall he live.* St. John 11, 25.

**NEW THOUGHT GOLDEN TEXT:** *I am the Lord, I change not.* Malachi 3, 6.

**I**N "The Business Man of Syria" Stocking gives a very just regret that not only applied to Palestine in the days of Christ, but applies to our own habitual thinking. He says:

"Alas, that Israel's concept of God should have fallen so low that they had come to regard Him, once their only Physician, as now afar off! What had been done here (raising the dead) was but a reaffirmation of the ancient truth that he who permits himself to be governed wholly by Divine Mind will naturally raise even those dead in the mesmeric beliefs of the "suppositional opposite", the "carnal mind".

Even the philosopher, Kant, informs us that he believed the Self, the Divine Substance, to be eternal in spite of the fact that it appears to have a birth and a death.

Lazarus was a spiritual being. The Self of him could say, "I am God, I change not".

Wherefore then the apparent death? Wherefore the patent ebbing of the life tide?

Why does the moon "go away" when the night is cloudy? Why do we say the "sun hasn't come out yet", though it is high noon and the fog is dense? Why do we complain that "the mountains have gone", when the mist mantles them, or that "I have lost them", when the party disappears from sight?

The resurrection of Lazarus is emphatic testimony to the fact that matter is deceptive and that Spirit is eternal. This demonstration proves, as Mrs. Hopkins states in her lessons in Mysticism, "that all great transactions come into manifestation by reason of the right view of some steadfast seer".

The Master made a daring, an amazing statement when he said the day would come when death shall be swallowed up in victory.

Its significance is tremendous. He negates death.

#### *Silent Affirmation.*

I see all men without beginning of days or end of life, ever vital, ever harmonious, ever realizing and ever living.

February 28. JESUS TEACHES RESPECT FOR LAW or THE DIPLOMAT. St. John 22, 15-22.

Bible Readings: St. Matt. 22 and 23. St. John 22.

GOLDEN TEXT: *Think not that I came to destroy the laws or the prophets; I came not to destroy but to fulfill.* St. Matt. 5, 17.

NEW THOUGHT GOLDEN TEXT: *Call no man your father upon the earth for one is your Father which is in heaven.* St. Matt. 23, 9.

TOO often the student of metaphysics expects to be suddenly transported into a state where he will have no problems to solve, no career to pursue. He expects that all he has to do is to stay in a room and "treat", thus he anticipates having his purse filled, his table set, his house put in order and his affairs prospered.

If such could be, it would be depriving us of the very essence of life—the joy of mastery and mastering. Activity, more activity, and more activity still is the mark of him who is living the full mental, spiritual existence.

But how about these problems that "come up"? How about these factors that disturb us?

You have the key. All is mental. Establish a mental ownership and relationship over them and you will find this very attitude is the solution of your problem.

The brilliant handling of the question of tribute to Caesar shows the Master using the art of a diplomat. His enemies came to him saying, "You say the Self is the Christ, the supreme one. If that is the case, how is it, then, that you have to give tribute to Caesar? Do you not acknowledge your inferiority, your subordination to Caesar? Is not your God made less than Imperial Caesar by your act?"

The Master realized that Caesar, great as he was, was only a servant of his Self. Because of Caesar, he had roads on which he could walk, he had officers that made safe his journeys, he had armed ships on the high seas by which he could travel, and he had access to foreign countries. Yes, Caesar was only His servant, and as a worthy steward, was deserving of his hire.

You have landlords that must be paid. You have governors that must be supported. You have presidents that must be maintained. You have armies that must be subsidized. What do you want to do? Destroy them all? Do you not see that these very institutions are emphatic testimonials to the greatness, the divinity, the destiny and the majesty of your SELF for which they were all brought into being.

*Silent Affirmation.*

**I cheerfully accept things as they are, taking them into my program of Self-expression.**

March 7. JESUS WASHES HIS DISCIPLES' FEET or THE ARTIST. St. John 13, 1-15.

Bible Readings: Psalms 139. St. John 13.

GOLDEN TEXT: *The Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.* St. Matt. 20, 28.

NEW THOUGHT GOLDEN TEXT: *I will*

*praise thee; for I am fearfully and wonderfully made; marvellous are thy works; and that my soul knoweth right well.* Psalms 139, 14.

IN HOW many of us is not "The Spiritual Life" merely a lifeless pursuit of a lifeless theory? A spiritless engagement in the study of bodiless and spiritless phenomena?

I cannot accept the Master's washing of the feet of his disciples as a symbol of abject servility. I cannot see that the "door-mat attitude" played much part in the life of Him who drove out the money changers or gave the parable of the unjust steward.

When Christ washed the feet of the disciples, it was a glorious, symbolic declaration of the fact that his Gospel of Universal Goodness included the beauty and welfare and development and appreciation of the body as well as the soul. It was a rebuke to the men who lashed and mistreated their bodies as something evil. It was reproof to all forms of abnormality. It was the artist's reclamation of the physical as the manifestation and embodiment, the reflection and the counterpart of Spirit which is beauty and grace itself. It was the making clean the outside of the platter because the inside already was undefiled—for it ever is pure.

On this same theme Whitman sang:

"The exquisite realization of health!

O, I say these are not the parts and poems of the body only but of the soul,

O, I say now these are the soul!"

It opens the student to the knowledge of a new, balanced and complete world—a whole universe where he deals not with ideas merely but with their completeness. Games, athletics, physical culture, rhythmic dancing, the psychology of dress, even house decoration—all these take a part in the normal life of the man who realizes that the Christ-Soul in him is artist also.

*Silent Affirmation.*

**I rejoice in the perfect workmanship that God hath made, knowing the skill manifested in nature is only a hint of the greater skill unfolding within me.**

## "I Do the Best I Can"

By Florens Folsom

HOW many times we hear this line—

But is it ever true?

I'm very sure, I don't do mine;

Do they? Does he? Do you?

We say it in a fretful pet

When we are criticised;

When friends, we know, our worth don't "get";

When we're not, duly, prized.

If we were doing our full best,

We wouldn't talk, you know;

We'd pull our weight, then, have to rest.

The thing we did, would show.

No, No! It never can be true,

It's never truly said.

Conceit, that flimsy mask, looms through.

Let's DO our best, instead!



## Nautilus Co-operative Study Club

EVERY Subscriber to *Nautilus* is a member of this Nautilus Co-operative Study Club without cost other than the \$1.00 for subscription to the magazine.

He becomes an Active Member of the N. C. S. C. (Nautilus Co-operative Study Club) in full fellowship, by carrying on the study club work as given month by month, beginning it HERE AND NOW. Those who are faithful to the work will need no correspondence; they will find their questions answered in the Silence. CLUB COMMUNION in the Silence aids all faithful members to the solution of their individual problems. Each for the Good of All and All for Each, the Heavenly Father "doing the works".

**LOCAL STUDY CLUBS:** Every Active Member of the N. C. S. C. may aid his friends and himself by forming a local N. C. S. C., thus entering into the complete needs of Club Communion, by adding the PRACTICE or EXPRESSION of Co-operative Study in groups, meditating and expressing together in divine freedom. Such Local N. C. S. Clubs should consist of from three to thirteen members, each of whom should be a subscriber to *Nautilus*; all of whom may, however, be served by one subscription, if deemed necessary.

**ACTIVE MEMBERS** of the N. C. S. C. may become REGISTERED STUDENTS of The American School of Christian Metaphysics and Psychology, by sending in a bi-monthly report of work done, each report accompanied by a love offering for the support and extension of the work.

Anyone teaching successfully the present course of instruction to children is entitled to credit, as outlined herein.

Each month's work well done counts five credits for an Active Member, with a possible five additional credits each month for successful work, as leader, president or secretary of a Local N. C. S. C. All these credits count toward the Master of Co-operative Practice degree, conferred by The American School. Prospectus of the School may be had by addressing the American School of Christian Metaphysics and Psychology, 247 Cabot Street, Holyoke, Mass.

### Questions Answered

#### On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



### LITTLE LESSONS IN NEW THOUGHT PSYCHOLOGY.

#### An A-B-C Presentation of the Principles of New Thought for Very Little Children.

BY

ALBERTA M. CARTER



#### LESSON 15.

##### HELP, HELP, WHO WANTS TO HELP?

A MOTHER deer and her two babies lived in the mountains. They were not afraid of the campers and would come up to the tents for food. Late one dark night, a mountain lion came to the camp and cried in a shrill voice. The campers got up, for they knew the lion was hungry for a young deer. Just as soon as the mountain lion saw the lights which the campers carried, it ran away. The campers helped the mother deer save her babies.

Madeline had a little garden. She helped the plants grow by giving them plenty of water. When she turned the hose on, the birds would come and take a bath, too.

When Granny Burn's people were busy, Carrie would push her wheel chair. That helped to make Granny's life happier.

Lottie remembered to put the milk bottles out at night; Stephen pulled the weeds out of the lawn; Cora amused the baby when her mother was busy; Beattie dusted the sewing machine and under the chairs; Billy led a blind man across the street; and Clara never had to be told to clean her teeth.

Up in Alaska they use dogs instead of horses to travel in the snow. During the war, some dogs were sent to France to help draw sleds of food when the snow was too deep for trains. Once they drew ninety tons of supplies for a long distance. Often they stopped and licked icicles from each other's eyes. But they went on to the place they had started for, and helped feed hungry men.

If you will just keep your ears and eyes and hearts open, you will find many ways to help others. Will you help?

I love to help everybody,  
For everybody helps me.

#### LESSON 16.

##### LEARNING TO LISTEN.

A CLOCK talks all of the time. To some people it only says, "Tick-tock", but to others it says what they are thinking about. Harold was

the kind of a boy who was busy every minute. He couldn't even listen to a story. One evening his father brought home a new Big Ben. He turned off the lights and took Harold on his lap. They listened to the clock say "Tick-tock".

"Now close your eyes laddie," said father, "and hear Big Ben say 'I AM STRONG', 'I AM HAPPY', 'I AM LOVE'."

Every evening after dinner Harold and his father played the game of "Listening", and he became a fine lad. But he noticed that the clock had to be wound every night or it would stop. Harold wanted something that he could listen to at any time, and would be sure that it would not stop. It was then that his father taught him to listen to his heart beat. Oh, he had to be so very still to hear it. And it would tell him wonderful things.

When he forgot something, he would close his eyes, listen, and something would tell him just what he wanted to know. At school, when he couldn't seem to get his lessons, he would "listen in", and soon he'd have a fine lesson. He called his heart beat his "charm worker".

Harold thought the birds sang sweeter and the bees hummed louder, but it was only because he was hearing better. He began to hear many lovely voices which he had never heard before.

Suppose you try this game when you go to bed tonight. Let your heart beat "I AM LOVE, I AM STRONG, I AM HAPPY".

#### MRS. CARTER'S ANSWERS TO QUESTIONS.

X. Y. Z.—If your children have reached that advanced age and still do not care for an education after all your encouragement, it seems to me that it would be a good plan to ask God to express through each of them, that which is for their highest good. All education is not in books, my dear, and you may be sure that those children have some splendid thing to give to the world in their own, peculiar way. So many parents want their children to develop in their way, regardless of the fact that children, as well as parents, have an equal share in Divine Mind. So stop fretting, put your unwavering faith in God, knowing that He will express through each child that which is best.

Speak this assurance as you fall asleep and when they depart for school.

Mrs. J. T. M.—Get Edgar Guest's book, "The Path to Home", and read every word, then place it where your husband will find it and read it. Go to the little boy's teacher and tell her about his condition. Ask her to see that he plays at recess and that the other children do not hurt him. Oh, it means so much in after life for a boy to play when he is young. Do encourage him in every way. After his long suffering, I can well understand his fear. It is not good for you to give way and cry when he is naughty. Neither would I ask him to promise me to be good, but I would tell him that I trusted in him, that I KNEW that he always tried to do the right thing, and that, although he sometimes appeared rude, I saw the REAL and OBEDIENT boy standing in his shoes. Teach him this quotation, and say it for him:

"I have nothing to fear,

For God and Love and Truth are here."

Think of your husband as a loving father and a noble man. Look forward to his coming with joy and peace. Let the One Mind express through you.

Miss E. W.—Indeed, I would not send that ten-year-old boy to an orphanage after adopting him six years ago. You are stressing his faults too greatly. Now that you have told his teacher that he steals, he must feel condemnation both at home and at school. Get that idea out of your mind that his taking things is a "disease". He is living in a different world from you, and you expect him to bridge all those years of experience which you have had, and reason with an adult mind. Impossible. But, my dear, you can go back into the "Child World", and play with him, and see why he takes things. It is probably only a game and a means of releasing energy which you unconsciously bind up. Ask God to give you "an understanding heart, that you may judge" that lad aright. Play at store with him, use a great deal of small money, satisfy him with the use of it, and he will not take any more. Love him more and make him feel that he is no longer an "unwanted" child.

Affirm, "You inherit from God, your Father, all that you need, Sonny. We trust you to do His will".

Mrs. W. H.—Sit down quietly and ask God to give you a clear vision of what your nine-year-old son truly is. Of course, he waits to be told to study, when you have always followed him up and done so. I would rather let him fail, than nag at him eternally. He is not a babe in arms any more. Why treat him so? Suppose his teacher did say that he needed "individual" help. That does not mean worry and nagging. Rather, it means greater FAITH in his inborn power to express itself. All education is not in books. Much can be accomplished in making games of his lessons. By all means, play with him and believe that he inherits Divine Intelligence which is NOW expressing through him. Praise his every advancement, no matter how small.

## Love

By Jay Fraley

WHAT guides the twinkling stars at night,  
And keeps them straight in whirling  
flight?

What makes the sun shine all day through,  
To warm and cherish me and you?  
What feeds the birds that sing above?  
'Tis nothing else but loving love.

What goes down through the sinner's street,  
And lifts the drunkard on his feet?  
What brings the water back from sea,  
And sprinkles rose and thirsty tree?  
What fills man's heart with good like thine?  
'Tis nothing else but love divine.



## Things That Make For Success

*And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.*

### To Correspondents

#### Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize. To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 8 years. Or, 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

#### Success Letter No. 1019.

#### THE SUBLIMATION OF A GREAT MENTAL CONFLICT AND HOW IT CHANGED MY WHOLE LIFE.

**S**UCCESS, not worldly, but spiritual, is the subject of this letter. The experience here related was to me a signal success and a most decided turning point in my life, and I am, therefore, moved to relate it.

After a severe nervous breakdown several years ago, during which time I lost (for several days) all sense of time and space and seemed to function in another world, I was cast back into this world of sense much as a piece of driftwood is thrown upon the shore after being buffeted about by the waves. I was a sadder, but a wiser woman, and possessed a new mind, the unquestioning mind of a child. My old ideas and opinions had vanished and left me without props. I had to be taught over again, and taught rightly, and as the Spirit of truth within me guided me back to life and understanding, many and varied were my experiences and numerous were my visions.

I grew in faith and confidence and, being of a practical nature, I quickly put to use my knowledge and began to heal and help myself and others. I

was also quick to see how I might put my new powers to use to develop myself and push myself forward in life. Of an imaginative nature, industrious and persistent, I longed to cut myself loose from the people about me and ignore their wants and demands upon me and study and perfect myself that I might become a writer of distinction. The temptation assailed me not once but many times. People were so unappreciative and my efforts in their behalf merely consumed my precious time and seemed almost wasted. I struggled with the temptation, putting down the hydra-headed monster every time his head popped up, but finally one morning he refused to be downed, and I faced the issue squarely.

It was early morning and the day was just breaking, and absolute stillness was over all. I laid quietly in bed, going over in my mind the events of the previous day and its disappointments. No one had understood my efforts or appreciated them, my family least of all, and many were the hindrances and obstacles that were placed in my way to keep me from following the straight and narrow path the Spirit of Truth had laid out for me. What was the use? All these thoughts swept through my mind, and suddenly my decision was made. I spoke to myself positively and with force, "I am through with it all. I wash my hands of trying to help others out of their difficulties. No one has helped me. Let them manage as best they may. I shall look to myself and make a name for myself in the world, regardless." I said it, and I meant it, and I felt no repentance. Rather a sense of relief that I had come to some decision. The step was taken in my mind. I turned my face upon the pillow and fell into a light sleep.

Music sounded in my ears; faint and scarcely perceptible at first, but growing louder as I listened attentively. It was slow and solemn and funereal, and I recognized in the doleful air the music in the prison scene of *Il Trovatore*, the "Miserere", with which I was very familiar. My heart almost stood still as I listened. It came closer and closer, and I seemed to be surrounded by dim forms that

marched around and around me. The words kept coming clearly and persistently, "A soul departed, a soul departed".

I woke up with the music and words ringing in my ears—"a soul departed, a soul departed", and I felt that I was, indeed, a soul departed, where, I knew not. Depression and despair filled me. I felt that I had disappointed and failed those who had befriended me, that I had slipped backward instead of forward, and a wave of contrition and a longing for pardon overcame me.

I buried my face in the pillow and murmuring "Thy will not mine be done", I gave up once for all, all ambitious hopes within me, and knew that that temptation would never assail me again. And it never has. The desire to write is strong within me, and I continue my efforts along this line, but never do I permit it to stand in the way of my work of helping others. What time is left I devote to study and individual improvement. I have learned my lesson.

This was but an inner experience, but vital to me. Had I adhered to my decision and refused the spiritual warning I might have pushed my way to financial success and possible fame, but I have gained a greater success, and am now content to work more slowly, knowing that all my desires will be fulfilled if I will but listen and obey the guiding Spirit within.

Financial success has come to me, but in unexpected ways. My husband has prospered beyond our expectations, and we are abundantly able to supply our wants and those of our children. What more could I ask? I have not given up my individual development or my desire to succeed in the world of letters. I am progressing slowly but surely, but am content not to force the issue or deprive others of the personal help that is mine to give.—E. H., Washington, D. C.

[This letter contains a very fine illustration of sublimation or what is called in the language of psychology, "resolution of the conflict". The writer evidently went to sleep with a mental conflict raging in her subconscious. She had *consciously* chosen to turn her back upon the past, and tried to ignore the doubts that welled up from within. But *subconsciously* the battle of conflicting desires went on until she arrived at a decision that *reconciled* the conflicting desires and focussed them upon a common course of action. She brought the conflict into the foreground of consciousness (upon awakening), faced the facts and *accepted*, consciously, what seemed to her the better course of action. In doing this she definitely agreed with herself that her activities were to be dedicated, *first* to the service of her family and humanity, and that her personal desire to write was to be given second place. When she definitely *accepted* that decision her mind became united in its aim, and the mental conflict was resolved upon a higher level of adaptation to reality. She had released herself from the torment and ill effects of a serious subconscious warfare. Another interesting point to note in this experience is the fact that when the writer awoke she was in a state of great anxiety. "Anxiety is one of the ways in which the ego relieves itself of repressed wishes", says Freud. Evidently there was a deep and real wish in the heart of the writer to con-

tinue to help and work for her family and friends. When she tried to push this wish into the background, it rose up to trouble her. But when she allowed it to come into consciousness and adapted herself to the facts of her environment in such a way as to give this desire expression, in ways which her conscience approved, and adapted her lesser desire to become a writer so it fitted into her plan of action (though it played but a minor part)—when she had done this she was able to go forward in happiness and to work effectively with a united mind. I have commented at length upon this letter, because it so clearly and simply illustrates the PROCESS of sublimation. And because this process can be followed by anyone in solving his own mental conflicts, and their solution will add immeasurably to his health, happiness and efficiency. The process here described is psycho-analysis reduced to its simplest terms. Dr. James S. Van Tieslaar says: "We who witness, day by day, the warfare which rages between man's primordial instincts and his higher trends find that the end of the conflict is always a compromise. But we know also that man's capacity for spiritual growth is practically infinite; and that through psycho-analysis this conflict which rages in every human breast can be influenced at least so that the compromise is made upon ever higher, i. e., more adult, levels of adaptation to reality".]

Success Letter No. 1020.

#### HOW EARNEST PRAYER SAVED MY CHILD AFTER HE HAD SWALLOWED CARBOLIC ACID.

I SHALL now relate a true story of a trying ordeal which shows conclusively the power of prayer. My eldest son, when five years of age, swallowed a spoonful of carbolie acid, it being mistaken by a careless nurse for a cough syrup.

I was only a few steps away, working in the garden. When called to him, I instantly comprehended the situation by the smell and the appearance. I seized his already limp form and laid him on a bed. He was apparently dead. I bent over him and discovered a faint sign of failing breath.

Never in my life did I cling more strongly to the Almighty. I lifted my soul to Him and refused to give the child up. I had dedicated him to the Lord in his infancy. I remembered how God spared Isaac to Abraham, and in my inward conscience I simply refused to consent to the idea of my child's death.

The neighbors soon gathered and did what they could, but their presence was almost a hindrance. They were willing and anxious to be of help, but, of course, they were strong in declaring that he was gone without hope. I held on to God, and the more they suggested evil, the more deeply I refused to let him go. They poured grease and other antidotes down his throat to try to relieve the burn. He appeared to be certainly dead, but still I held on for one hour.

At the end of an hour I noticed that he began to breathe perceptibly. Then, as Elijah pinned his faith to a cloud no larger than a man's hand, so I arose and thanked God for victory. I boldly af-



firmed that he would live, and defied every suggestion to the contrary.

The friends had sent for a physician immediately, five miles away; but he refused to come. Every physician in reach was tried, but all refused, each declaring that had he swallowed half so much carbolic acid, he would be dead before they could possibly reach him in this isolated district. One was asked to come after it was learned that the child still lived. He refused, saying that it was useless, for if he lived, he could not last long, and would never have any mind. Then, besides, he could do the case no good.

All this did not daunt me in the least. It only aroused in me a mad determination to cling to God and put to shame the weakness of man. No one but I consented that he could live at all. Four days and nights I sat by him while he hung miraculously in the balance. A moment's doubt from me then would have been fatal, I verily believe.

I won completely through God's abundant answer to true prayer. Who dares tell me that the God of today is different from the God of Daniel, of Elijah and Paul?

Today that same boy is a strong, robust, intelligent young man, and is preparing to enter the great work God has designed for him to do.—J. M. M., Va.

**THE PRIZE WINNER** for January, 1926, *Nautilus* is M. W., Wash., who wrote Success Letter No. 1015. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

**THE \$5.00 PRIZE WINNER** who wrote the best Success Letter published in the Success Department of *Nautilus Magazine* from the July, 1925, issue up to and including the December, 1925, issue was B. P. P., Iowa, who wrote Success Letter No. 999, which appeared in the August, 1925, issue. We shall be glad to send our check for \$5.00 as soon as we hear from the winner.—C. H. S.

#### FOR WORLD PEACE

**WE** the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

We want these ships manned with the best instructors in Art, Literature, Travel, History, Modern Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected according to all-round merit from the graduates of public High Schools, and Industrial, Vocational and Technical Schools of all the States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically with a minimum naval crew, in all work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF  
CONSULTATION AND SUGGESTION  
CONDUCTED BY ELIZABETH TOWNE  
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,  
To see ourselves as ithers see us,  
It wad frae mony a blunder free us  
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our **ELTO SERVICE** (Price \$5 plus Love Offering). We would answer every letter gratis if it were humanly possible. We **MUST** curtail, hence the charge for queries who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

MRS. A. D. T.—It seems to me the thing for you to do is to go on just as you are. You seem to have made your marriage far more of a success than the average, even under present conditions. Men and women are so fundamentally different that adjustment of their ideals is always necessary in marriage. As the children grow older you can enter into more outside activities which will help to keep you contented. In the meantime, try to find new interests that you can follow up in your home—some hobby that may serve as an avocation and occupy your spare moments pleasantly, or perhaps the cultivation of some natural gift. And it is not at all impossible that you and your husband will grow nearer together as time passes, even if you do not get back to the old relations. You are following the right plan in doing your best to make him happy, in treating him lovingly and in not nagging him because he does not in all ways measure up to what you would like to have him be. Love cannot be produced to order, but *love attracts love*, and therein lies your hope. If you can radiate enough love he may be warmed into responsiveness. Read "Freeing Our Mental Forces", by Marie Winchell Walker, M. D.

MRS. J. J. C.—Meditation in the Silence of "how" you demonstrated health will reveal to you the "how" of demonstrating prosperity. The law is the same, but we understand it more clearly in one phase than in another. You knew health was a legitimate desire; do you feel the same about this? Then faith will work again. Remember you do not own that property in a divine sense, you are merely a steward of God's riches. Now the stewardship can change for mutual advantage. Do you get the point? You are not getting rid of anything, you are desiring an exchange, and if your desire is sincere only you can prevent its fruition. Consult anyone further, as God in you directs.

## Confession Correspondence

Questions Answered, Explanations, Causes,  
Confessions, Advice

By BROWN LANDONE



### GOD IS LOVING NOW.

**COMMENT AND EXPERIENCE:** "I appreciated very greatly your article in *Nautilus* on *Changing from the Preposition to the Adverb* in treatment; and at once began using the statements 'God is loving me now' and 'I am loving Jane now'. Before the day was over I received a telegram from Jane in Chicago, saying she was coming to celebrate my birthday. Are 'God is loving me now' and 'I am loving Jane now', just what you mean by adverbial treatment?"

**ANSWER:** I'm happy the misunderstanding is settled! It is good to use the *present tense*, "God is loving me now", because God's love is always *present*. Such a consciousness works miracles.

But, "I am loving Jane now" is not *all* I mean by changing from the *Preposition* to the *Adverb*, because it is still in thought-form. USE the thought-form and ADD "I am *acting lovingly* now"—and then—ACT LOVINGLY, in the sense of divine love, toward all people—and Heaven IS yours.

### YOUR EXPECTATION WAS NOT TO BLAME.

**COMMENT:** "I have studied New Thought for 13 years, and for a time it brought changes, but never the fulfillment of my desires. So I began to look around for a Hidden Cause, and realized that the trouble with most New Thought teachers is that THEY are always *EXPECTING something NEW*, and I found that my trouble was 'too much expectation'—always expecting a method which would enable me to accomplish my desires fully."

**ANSWER:** There is little space here, so I condense my answer. Read each statement carefully.

*First*, God is *infinite* and includes all that can ever be expected or desired by the human soul. You are mistaken about the *cause* of your trouble. You can not expect *too much*! YOU are created in the *infinite* image of God; hence, your expectations *should be infinite*.

*Second*, you are mistaken in thinking that New Thought students are wrong because they are always *expecting something new*. In the Infinite there is always something new awaiting us. If we cease seeking it, we stagnate.

*Third*, your *real trouble* was this: "Always expecting a *METHOD* which would *ENABLE me to accomplish my desires fully*". You were expecting a *method*—that is, something *outside yourself*! In Truth, the means is *within yourself*.

Make a distinction between "expecting too

much" and "always expecting a *METHOD*". I have made this same mistake again and again, often forgetting that when the Kingdom is discovered within, all problems are solved.

### IS THE HUNGER FOR FOODS AND IDEALS ONE?

**QUESTION:** "I have been thinking a lot about your Lessons. When I have eaten good food, with wisdom and eaten in peace, there comes a feeling of being strengthened and given power. Is not this the same kind of feeling which comes to us spiritually when we are nourishing our souls—seeking new ideas, taking in those we read in books and learn from teachers, and building those ideals into our own character?"

**ANSWER:** The basic Truth of the oneness of all things, I have emphasized again and again, but *your illustration* comes as NEW to me. Thank you!

There is hunger for love and joy and activity and spiritual attainment, just as certainly as there is a hunger instinct for food. Recognizing this, helps us to realize that God is one, and that *all His manifestations*—both physical and spiritual, as we call them—are *one*.

Let us not limit even an instinct—for everything is from the *limitless* God. Recognizing the hunger for food, for joy, for love, and for attainment—all as one—we learn that God's manifestations are *unified*, and thus attain a *true* concept of real *UNITY*.

### YOU ARE NOT THINKING DIFFERENCES, BUT YOU ARE THINKING FAILURE!

**PLAN AND QUESTION:** "I am an A-1 carpenter, but I am not working now. Am I doing right in *thinking differences*—by planning to try to sell house brushes from door to door, instead of waiting for carpenter work to pick up? Can I succeed by thinking differences? Others tell me I cannot, because I don't get along with others—always in trouble with my bosses."

**ANSWER:** My dear man, you are NOT thinking differences. You are merely adding MORE thoughts of failure TO your old thoughts of failure—that's thinking in likenesses. You've thought of *failure* in keeping jobs, of failure with your bosses, of failure in not being able to get a carpentry job soon. You think, because you have been a partial failure in one line of work you are likely to be a failure in another—that's thinking in *likenesses*; no wonder you end your letter with—"Of course, by listening to

others, I have already visualized the selling as a failure".

Keep at that for which you are most fitted. You say that you are handy in doing things; that work is slack, and there's no chance of getting a job—that is, getting a job like the jobs you have had in the past!

Think differently! Think how many homes there are in your city of 28,000! In nine out of every ten of those homes the housewife wants some little thing done—a shelf put up here, a few more hooks in that closet there, an inexpensive case in this room, a little taken off that door so it will close well! There ARE a thousand jobs waiting for you! This is not a new thought in my mind; again and again, I have urged men to become "handy men"—and build up a business. There are opportunities for such work. Someone is always exclaiming: "Oh, if I could just get a man for an hour or two to do this."

If there are no regular jobs now, then think differently of your work—other ways in which you can use your carpenter's skill, and make use of them!



A Cozy Corner Department where everybody chats and the Recording Angel sets down what she can find room for.

### How a Woman of 46 Studied Stenography and Became Self-Supporting.

I CAME across an advertisement which said that for ten cents *Nautilus* would be sent to me for three months, and without any knowledge of the magazine or what it would teach me, I seemed to feel impelled to send the ten cents immediately, and did so.

From then on life for me became a different story. At the time when *New Thought* reached me my husband and I together were managing a hotel from which we succeeded in making just enough money for our actual necessities, but with nothing saved. Then my husband became very ill, and for days his life just hung in the balance, in fact, the doctor told me that he could hardly live more than a day or two. But I decided that he must live, and affirmed day and night that he would live, and he did.

When he at last got up again, I found that we had no further resources, and that in the future I would have to support myself entirely. At this time living costs were rapidly increasing, so that I could barely cover my living expenses with what I could earn, and there was nothing left to buy clothes or for emergencies.

After a while I came to the conclusion that I would take up the study of stenography, although

I had no money for the same and did not know where it was to come from. By the time I was ready for the lessons I found where I could borrow the money, with the understanding that I would not pay it back until I began earning money once more.

I was now past forty-six years of age, at which age the average woman thinks she is past taking up a serious study of anything for the purpose of making a living, but it did not occur to me at the time that there was anything unusual about it, and not until I began hearing the various remarks of surprise at my studying with a class of girls of from eighteen to twenty years old, did I realize that I was doing anything out of the ordinary.

I finished my course in three months. I joined my husband, and within three days after doing so I had secured a place with a large contractor in an army camp, at what, at that time, seemed to me a munificent salary. After two months of this work, my employer told me that he had increased my pay twenty dollars more per month.

I stayed with this company until their contract at this place was finished, which was for almost a year. I thought then to rest for a month before trying to find other employment, and, while visiting the town where I had received my stenographic education, I met my teacher, who immediately asked me if I did not want a place with the government. I at once wrote, asking for this place, and by return mail received the summons to report for duty at a certain date, which left only the necessary time required for packing my belongings and moving back to this town of my preference. I have filled this place with the government for a year and a half now, and will probably continue with the same work for a time indefinite.

I am happy, with never a return of the old depression. I enjoy my independence, and, best of all, my friends exclaim every day over my youthful appearance, saying that I don't look to be ten years older than the young girls with whom I am constantly associated, while strangers simply refuse to believe that I am forty-nine years old, with two fine grandsons!—VIRGINIA.

\* \* \*

### "Good-Night" and "Good-Morning."

SUCH a wonderfully happy thought has come to me this morning—straight from the loving heart of God, I am sure.

For a long time I have been saddened by the seeming hopelessness of death. Even though I have been a Christian as long as I can remember, and thoroughly believe in the hereafter, still, death as we know it seemed in stark reality, the end. I could not help the feeling that the best we could do or be in this life was pretty useless after all.

But it all looks so different now! This span of life is our day. We do our bit of work and our bit of play as happy children do, and why worry because we know that by and by the Father will call us home for our sleep-time.

Tomorrow will be another day.—NELLIE LEE VAN SICKLE, Mich.



# LANDONE SAYS:

**"There is Hope and Abundance  
for the Short Story Writer."**

(A Personal letter written to one whose stories were not accepted)

of O. HENRY: "East is East, and West is *San Francisco!*"

There IS hope and abundance for you, if you write vivid imagery instead of mere concise and correct English.

"The unbounded range no longer exists, for man has put up wire fences, divided it into acreage, and village lots." This is clear, but it creates no *feeling of atmosphere*. Such description will *kill* the best story ever conceived, and also *prevent* its sale. But, note the *vivid imagery* of IRVIN COBB: "There wasn't any range any more. It was a *docile captive, enmeshed in a barbed wire netting*, and its *present name* was acreage when it wasn't town lots."

One writer works out a short story plot and gets \$2,000 for it. Another works out the same sequence of events based on the same plot, and gets—"MSS. returned, unsuitable!" One has human appeal; the other has not.

Editors want Human Appeal. It IS created by *figurative speech*. But figures of speech must be *vivid*, and they MUST be NEW! "She was slender as a reed, trembled like a leaf, and was pale as death" are figurative, but trite and old.

Oh, you may compose metaphors and similes and personifications by the month or the mile, and inject them hypodermically, and YET, if they are old and trite, they will NOT save your story! You *will* succeed as soon as you *CONTINUALLY* create NEW imagery, but you can *not* do this, UNTIL you learn to *think* in vivid images. When such thinking becomes *habitual*, you *CONTINUALLY* create *new* metaphors, *new* similes and *new* contrasts. That's why I first teach you to *think* in vivid images.

Human appeal *DEPENDS* upon *vivid imagery—fresh images—newly created!* This is what I have discovered, and this is what all books and short-story courses lack!

"Red is red and green is green" is clear, concise and correct; but note the *vivid imagery*

"To see Harris, whose hair is dark, depart with the young girl whose light hair had been permanently waved and nicely arranged by a hairdresser, seemed impossible, almost unbearable." This gives us four clear-cut mental images—but they are *not* vivid, *not* figurative, and *not* new. Turn to the *vivid imaging* of FANNIE HEASLIP LEA: "Impossible, almost unbearable, Harris's dark head going away beside that *singed, pale, permanent-waved bird's nest!*"

In 1924, I prepared a Course on Vivid Thinking, and NOW, I have revised that Course, calling it the BASIC COURSE in Vivid Thinking; and I am also preparing ten Application Courses, but ONLY ONE of these additional Courses is NOW READY—COURSE A—VIVID THINKING FOR SHORT-STORY WRITING, in which Vivid Thinking IS essential!

"She is beautiful still, even though the superb hair which once adorned her has been bobbed," is a good example of exceptional clarity of expression. But, editors want *vivid images*, as in BOOTH TARKINGTON'S sentence: "Beautiful still, even with all of this superb and useful adornment, *guillotined by the modern passion of women.*"

Even though you conceive and work out a logical sequence of events, splendid plot, and good climax—the story will NOT sell, UNLESS the writing itself portrays *vivid images* of thought and feeling.

*Word imagery* is the ONE quality which makes a writer's work sell. The author, who writes: "The lips of the street-woman are bright red and her face is powdered white", may *starve*. But, when an author writes her lips are "Like poppies thrown out on the snow", then 500 editors—perhaps 1,000—will chase such a writer from New York to Tasmania, to get him to sign up a contract for everything he writes.

An editor is a job-holder. If he does not choose human appeal stories, he loses his job. So editors want *vividly* written stories. The demand is very great! The reward is good for a fair story, exceptional for a good story, and munificent for an excellent story!

Faithfully yours, Brown Landone.

(Oh yes! Read the Other Page, too!)



# Landone's Vivid Thinking and Short Story Writing

(Read The Opposite Page)

One writer gets \$2000 for the WAY he writes up his plot because he portrays human appeal by vivid imagery. Another, using the same plot, gets only—"MSS. RETURNED UNSUITABLE", because he tells ABOUT the same human appeal in clear, concise English.

## ONCE ONLY IN 18 MONTHS

It has been 14 MONTHS since the Vivid Thinking Course was previously announced! It will be 4 months MORE before it is again announced. THIS is the ONE opportunity—NOW—once in 18 months!

### THE APPLICATION COURSE IS PREPARED

(1) For those who write short stories and FAIL to sell them, and (2) for others who desire to write short stories which WILL SELL.

It does NOT teach you how to gather material, work out a plot, et cetera—because such subjects ARE well taught in many an excellent book which you can buy for \$2 or \$3.

But, it DOES teach the MEANS by which you give human appeal to stories so that they touch the heart and thrill the imagination and editors want such stories. (Read personal letter, opposite page.)

### THERE ARE TWO COURSES

First, the BASIC COURSE, or DEVELOPMENTAL Training to establish the habit of THINKING in vivid images so that you can create new figures of speech for conversation or writing.

Second, the APPLICATION COURSE, or Vivid Thinking APPLIED to WRITING SHORT STORIES.

The Vivid Thinking Course of last year was such a success that Mr. Landone has re-written it as a BASIC COURSE to make it more helpful; and IN ADDITION, he has prepared another Course—VIVID THINKING APPLIED TO SHORT STORY WRITING. (Read opposite page.)

### From Those Who KNOW from Experience and by Success

IT GAVE THIS PROMINENT WRITER HIS START AND CONTINUED HIS SUCCESS: "I remember how, a few years ago, after taking a few lessons with you in Vivid Thinking, I worked over the copy of the advertisement which led to my first decided success. I was then holding a correspondent's position and trying to break into the advertising game.

"That one advertisement, based on the Vivid Thinking work, was used by a company, doing business in several nations, and was considered of such value that, in addition to being published widely in magazines, it was made into a special folder and distributed by the hundreds of thousands.

"It started me towards my success, and since then, Vivid Thinking has led me on in attaining success. I have used it in all my work—in general sales campaigns; preparing merchantile plans for large department stores; in my publicity work; and in magazine writing.

"Some time ago I realized that unless one thinks in vivid images, one cannot succeed in business, or art, or writing. And now I am beginning to realize that the difference between vagueness and vividness in thinking is not only the difference between the failure and the success, but the difference between the ordinary mind and the genius."—FROM ONE OF THE MOST WIDELY KNOWN SPECIAL WRITERS

IN HIS LINE: FORMERLY PUBLICITY WRITER HEADING HIS DEPARTMENT IN A BILLION DOLLAR CORPORATION, A MAGAZINE EDITOR, AND ADVERTISING MANAGER OF A NATIONAL EXPOSITION.

ACTUAL CHANGES IN WORK OF A DRAMATIST AND NOVELIST: "I now seem to know HOW to criticise my own work, and that is a great relief to me. I have always felt a vague dislike for the lack of specific words in my writing, but I did not know WHAT it was.

"I now have a test to use. It gives me valuable help in the work I am doing on this novel. It helps me to criticise my own work and avoid pitfalls—pitfalls, which before this, I did not know WERE pitfalls.

"You wonder about the change in my work since I wrote that last novelette. The pages I sent were written AFTER I began Vivid Thinking, and what I have learned in that, especially about general ideas, as you point out, has opened up a new world for me!

"I am humbly grateful that there is someone who knows HOW to help me to IMAGE VIVIDLY."—FROM A DRAMATIST, ONE OF WHOSE PLAYS WAS USED BY GEORGE ARLINS FOR TWO YEARS; A POETIC PLAY OF THIS AUTHOR WAS LATELY HONORED BY PUBLICATION IN THE YEAR BOOK OF BEST PLAYS.

### FOR OLD STUDENTS OF VIVID THINKING

Those who took the Vivid Thinking Course last year may take the Application Course A—for Short Story Writing—without subscribing now for the new Basic Course.

The fee for the Application Course is \$20. It may be paid \$12 at time of registration, and \$8 in 30 days.

LESSONS, FEES, and CONDITIONS: The BASIC COURSE contains 20 Lessons and the price is \$30. The APPLICATION COURSE—Applied to Short Story Writing—contains 10 Lessons and the price is \$20. Each Course may be taken separately; you may register for the Basic Course first, and for the other Course whenever you desire, BUT the Application Course of Short Story Writing will NOT be given unless the Basic Course is studied first. Only 60 people accepted now.

MODE OF REGISTRATION: To be one of the 60 now accepted for this BASIC COURSE of 20 Lessons on VIVID THINKING, send registration fee of \$30, before March 1, to

MR. CEPHAS BRAINERD, IV.  
Box 316, Hackensack, N. J.

(Read the Opposite page)

### PAYMENTS ON THE BASIC COURSE

Those who have had previous work with Mr. Landone may make full payment of \$30 at time of registration for the Basic Course, or they may pay as follows:

\$15 at the time of registration;

\$5 each week until the \$30 is paid.

# Ever Take An Internal Bath?

By T. A. Ballantyne

This may seem a strange question. But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can laugh at disease and glory in vitality—you're going to duplicate my experience now.

To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge. So I tore off a coupon similar to the one shown below, and, in return, got a booklet named "Why We Should Bathe Internally".

## What Is An Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case.

A bona fide internal bath is the administration into the intestinal tract of pure, warm water sterilized by a marvelous antiseptic tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Forges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus  $\cap$ . The enema cleanses but a third of this "horseshoe"—or to the first bend. The J. B. L. Cascade treatment cleans it the entire length—and is the only appliance that does.

## Why Take An Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization nine out of ten persons suffer from intestinal stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic cause of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And the only sure and effective means is internal bathing.

## Immediate Benefits

Taken before retiring you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—re-made. That is not my experience alone—but those of 800,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious, vibrant health!

## Send For This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There's a chapter in "Why We Should Bathe Internally," by Dr. Tyrrell that is a revelation. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many times the price of that two-cent stamp. Use the convenient coupon below or address the Tyrrell Hygienic Institute, Dept. 248, 152 West 65th Street, New York City—NOW!

## Tear Off and Mail at Once

Tyrrell's Hygienic Institute,  
152 West 65th Street, Dept. 248,  
New York, N. Y.

Send me, without cost or obligation, your illustrated booklet on intestinal ills and the proper use of the famous Internal Bath—"Why We Should Bathe Internally".

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Say you saw it in NAUTILUS. See guarantee, page 5.

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**H. W. EAKINS,**  
224 High St. Springfield, Ohio.

## Have You These Symptoms of Nerve Exhaustion?

**DO** you get excited easily? Do you become fatigued after slight exertion? Are your hands and feet cold? Do you suffer from constipation or stomach trouble? Is your sleep disturbed by troubled dreams? Have you spells of irritability—gloominess and pessimism? Do you suffer from heart palpitation, dizziness, cold sweats, ringing in the ears?

These are only a few of the signs of weak, unhealthy nerves that are steadily robbing thousands of people of their youth and health.



### What Causes Sick Nerves

In women this is largely due to over-active emotions, and to the constant turmoil in their domestic and marital relations. In men, these symptoms are produced by worries, intense concentration, excesses, vices and the mad pace at which we are traveling.

Nerve Exhaustion does not come on suddenly. It is a gradual development that deceives scores of apparently healthy men and women. Yet all the time their nerves are in a constant state of upheaval, slowly undermining their entire Nervous Organization.

### How to Strengthen Them

No tonic or magic system of exercises can restore vigorous health to weak, unbalanced nerves. To build up strong, sound nerves requires an understanding of the action and abuses of nerves. It needs a knowledge of the natural laws of nerve fatigue, of mental and physical relaxation and nerve metabolism. Only through the application of these laws can stubborn cases of Nerve Exhaustion be overcome.

### Read This Book

Based upon many years of intensive experience and study, the famous Nerve Specialist, **Richard Blackstone**, has just written a remarkable book entitled, "New Nerves for Old." In plain language he gives certain easy-to-follow rules that have enabled men and women to regain their lost nervous energy. It enables you to correctly diagnose your own case and shows you how to acquire glowing health and youthful vitality by simply strengthening your nerves.

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